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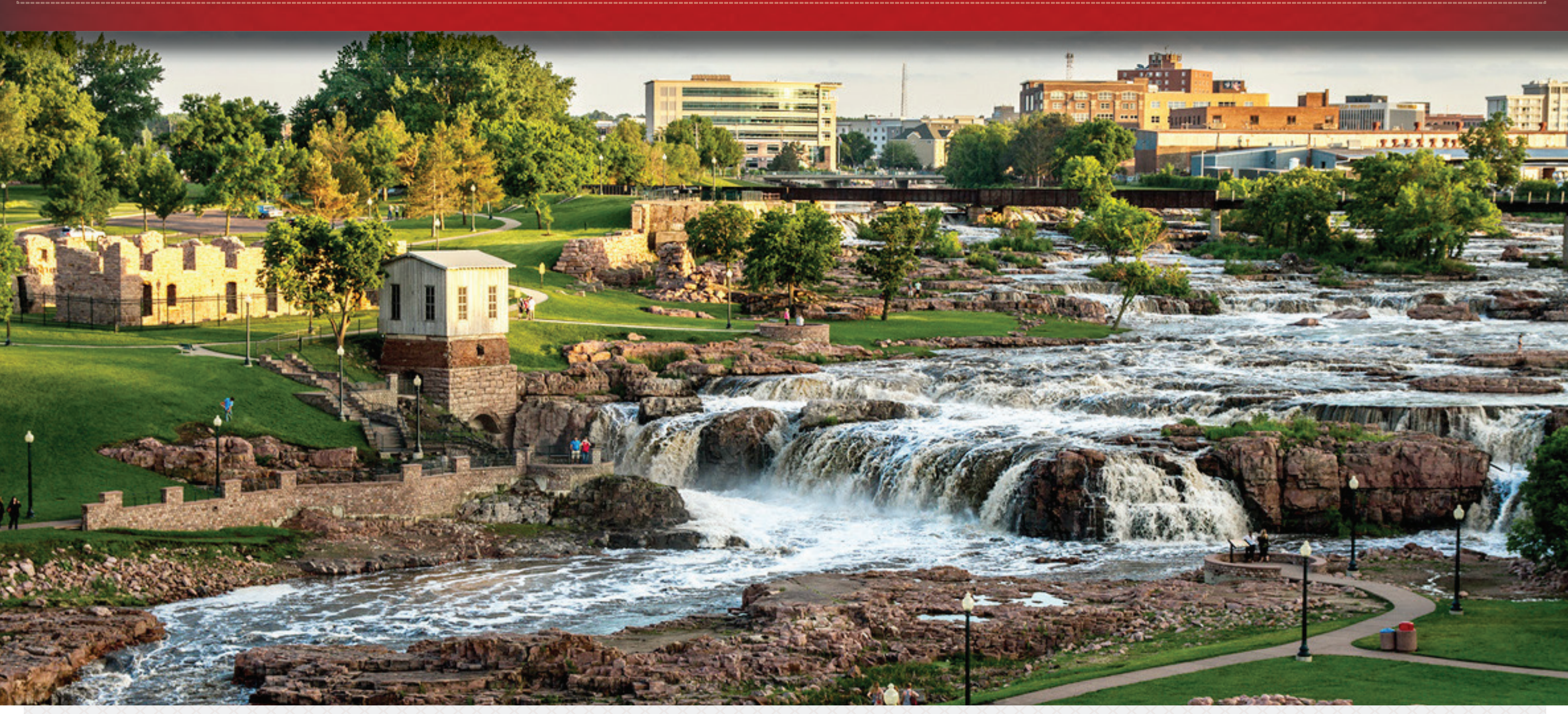
Advancing Million Hearts®: AHA and Heart Disease and Stroke Prevention Partners Working Together in South Dakota

July 11, 2017

Meeting Summary



lth Link South Dakota State Medical Association South Dakota Association of Healthcare Org

Advancing Million Hearts®: AHA and Heart Disease and Stroke Prevention Partners Working Together in South Dakota

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Healthy People. Healthy Communities. Healthy South Dakota. That's the vision of the South Dakota Cardiovascular Collaborative, whose members met in Sioux Falls on July 11, 2017, with the American Heart Association to advance the Million Hearts® goal of preventing a million heart attacks and strokes over the next five years. The meeting's objectives: For attendees to arm themselves with ideas to expand their knowledge of evidence-based programs, collaboration strategies, tools, and resources. The group also worked on plans to generate connections to align programs and new initiatives that support Million Hearts.®

The successful meeting included 40 representatives attending on behalf of 24 partner organizations.

The SD Cardiovascular Collaborative separated into working group meetings based on the four goal areas of its strategic plan:

- Improve Data Collection: Explore a process to identify and track cardiovascular indicators available from the health information exchange and other nationally recognized data sources.
- Priority Populations: Promote different models of team-based, patient-centered care, including health cooperative clinic and patient-centered medical homes.
- Continuum of Care: Develop pilot programs for cardiac-ready communities. This team will coordinate and improve continuum for heart disease and stroke.
- Prevention & Management: Encourage the implementation of processes to improve quality in health systems.

The objectives and strategies laid out during the meeting will serve as a blueprint to the South Dakota Cardiovascular Collaborative over the next five years as it works with stakeholders and partners to reduce the burden of heart disease and stroke.

Each of the four goal-area workgroups has planned for regular meetings. In addition, team leads will meet monthly to share progress and exchange lessons learned. Plans for a quarterly newsletter is in the works, along with future meetings for the full Cardiovascular Collaborative: a virtual meeting in November and an in-person gathering in March.

Advancing Million Hearts®:
AHA and Heart Disease and Stroke Prevention Partners Working Together in South Dakota

JULY 11, 2017
9:00 AM - 3:00 PM CT

Holiday Inn Sioux Falls City Centre
100 W 8th St
Sioux Falls, South Dakota

MEETING PURPOSE:

Connecting staff from AHA Affiliates, state health departments and other state and local heart disease and stroke prevention partners to establish and engage in meaningful relationships around Million Hearts® efforts.

MEETING OBJECTIVES:

At the end of the meeting, participants will be able to:

1. Identify Million Hearts® focused activities for 2017
2. Recognize Million Hearts® evidence-based and practice-based CVD prevention strategies and approaches
3. List partner programs and resources that align with Million Hearts®
4. Identify programs efforts that align and ways to work together
5. Create plan for follow-up to increase engagement
6. Recognize key contacts within heart disease and stroke prevention

MEETING OUTCOMES:

Attendees will have expanded their knowledge of evidence based programs, collaboration strategies, tools, resources and connections to align programs and new initiatives that support Million Hearts®.

AGENDA

9:00 AM **PARTNER NETWORKING**

9:15 AM **WELCOME AND OVERVIEW OF THE DAY**

Julie Harvill, *Operations Manager, Million Hearts® Collaboration*

John Clymer, *Executive Director, National Forum for Heart Disease and Stroke PreventionCo-chair, Million Hearts® Collaboration*

9:20 AM **EXPECTATIONS – APPROACH FOR THE DAY**

John Bartkus, *Principal Program Manager, Pensivia*

Introductions – what excites you about your role in heart disease and stroke prevention? (one sentence)

9:45 AM **MILLION HEARTS® 2022**

Robin Rinker, MPH, CHES, *Health Communications Specialist*
Division for Heart Disease and Stroke Prevention
Centers for Disease Control and Prevention

- Million Hearts® Accomplishments
- What must happen to prevent?
- 2017 Focus

Q & A / GROUP INTERACTION

10:30 AM **BREAK**

10:45 AM **SOUTH DAKOTA DEPARTMENT OF HEALTH INTRODUCES THE SOUTH DAKOTA CARDIOVASCULAR COLLABORATIVE STRATEGIC PLAN 2017-2022 AND THOSE AREAS THAT ALIGN WITH MILLION HEARTS®.**

Kiley Hump, M.S., *Administrator*
Office of Chronic Disease Prevention and Health Promotion
South Dakota Department of Health

Q & A / GROUP INTERACTION

11:00 AM **GREAT PLAINS QUALITY INNOVATION NETWORK**

Holly Arends, *Program Manager*
South Dakota Foundation for Medical Care

Q & A

11:15 AM **AHA/ASA PROGRAMS AND RESOURCES THAT ALIGN WITH MILLION HEARTS®**

Megan Myers, *Government Relations Director, South Dakota*
American Heart Association, Midwest Affiliate

Q & A

11:30 AM	**CATERED LUNCH**
12:15 PM	**AFTERNOON BREAKOUTS/FACILITATED DISCUSSIONS** John Bartkus

SOUTH DAKOTA CARDIOVASCULAR COLLABORATIVE STRATEGIC PLAN 2017-2022, PARTNERS, PROGRAMS AND PERSONS THAT ALIGN

Group 1. Improve data collection

Group 2. Priority populations

Group 3. Continuum of care

Group 4. Prevention & management

2:00 PM	**REPORTS FROM BREAKOUTS** John Bartkus
2:30 PM	**PLANS FOR FOLLOW-UP/NEXT INTERACTIONS** John Bartkus
2:50 PM	**EVALUATION AND FEEDBACK PROCESS** Whitney R. Garney, *WRG Consulting*
2:55 PM	**WRAP UP** April Wallace, *Program Initiatives Manager, Million Hearts® Collaboration*
3:00 PM	**ADJOURN**

ORGANIZATIONAL REGISTRANTS AS OF JULY 30, 2017

American Heart Association ▪ Avera St. Benedict Health Center ▪ Centers for Disease Control and Prevention ▪ City of Sioux Falls ▪ Community HealthCare Association of the Dakotas ▪ Emory Centers for Training and Technical Assistance ▪ Great Plains Quality Innovation Network ▪ Great Plains Tribal Chairmen's Health Board ▪ HealthPOINT ▪ Million Hearts Collaboration, AHA ▪ National Association of Chronic Disease Directors ▪ National Forum for Heart Disease & Stroke Prevention ▪ Pensivia ▪ Sanford Cardiovascular ▪ Sioux Falls Health Department ▪ Sisseton-Wahpeton Oyate ▪ South Dakota Department of Health ▪ South Dakota Health Link ▪ South Dakota State Medical Association ▪ South Dakota Association of Healthcare Organizations ▪ Texas A&M ▪ US DHHS OASH Region VIII

Advancing Million Hearts®: AHA and Heart Disease and Stroke Prevention Partners Working Together in South Dakota
Tuesday, July 11, 2017
Holiday Inn Sioux Falls City Centre

1	April	Wallace	AHA Million Hearts Initiative	Program Initiatives Manager	april.wallace@heart.org	(214) 706-2230
2	Julie	Harvill	AHA Million Hearts Initiative	Operations Manager, Million Hearts Collaboration	julie.harvill@heart.org	(217) 725-7535
3	Chrissy	Meyer	American Heart Association	Communications Director	chrissy.meyer@heart.org	(605) 360-2542
4	Pamela	Miller	American Heart Association	Regional Grassroots Advocacy Director	pamela.miller@heart.org	(605) 310-3170
5	Megan	Myers	American Heart Association	Government Relations Director	megan.myers@heart.org	(605) 261-7717
6	Gary	Myers	American Heart Association	Senior Director	gary.myers@heart.org	(605) 215-1551
7	Robin	Rinker	Centers for Disease Control and Prevention	Project Officer	vqb2@cdc.gov	(404) 498-1467
8	Julie	Charbonneau	City of Sioux Falls	RN EM-QAC	jcharbonneau@siouxfalls.org	(605) 367-8760
9	Dan	Friedrich	Dakota State University	Director of CAHIT	Dan.friedrich@dsu.edu	(605) 256-5555
10	Mallory	Stasko	Emory Centers for Training and Technical Assistance	Manager, Health Communication & Planning	mallory.stasko@emory.edu	(404) 831-8187
11	Holly	Arends	Great Plains QIN/SDFMC	Program Manager	holly.arends@area-a.hcqis.org	(605) 660-5436
12	Terra	Houska	Great Plains Tribal Chairmen's Health Board	Tobacco Control Health Educator	terra.houska@gptchb.org	(605) 721-7606
13	Shannon	Udy	Great Plains Tribal Chairmen's Health Board	PSE Health Educator	shannon.udy@gptchb.org	(605) 721-1922
14	Kevin	Atkins	HealthPOINT	Engagement Manager	kevin.atkins@dsu.edu	(605) 256-5555
15	Leanne	Kopfmann	Huron Clinic	CEO	admin@huronclinic.com	(605) 352-8691
16	Julia	Schneider	National Association of Chronic Disease Directors	Consultant, CVH Team	jschneider@chronicdisease.org	(410) 804-6270
17	Miriam	Patanian	National Association of Chronic Disease Directors	Lead Consultant for CVH and Health Systems	patanian@chronicdisease.org	(360) 918-4667
18	Mary Jo	Garofoli	National Forum for Heart Disease & Stroke Prevention	Operations Analyst	maryjo.garofoli@nationalforum.org	(609) 516-9899
19	John	Bartkus	Pensivia	Principal Program Manager	t-john.bartkus@heart.org	(817) 442-0910
20	Lynn	Thomas	Sanford Cardiovascular	Director	lynn.thomas@sanfordhealth.org	(605) 940-2528
21	Eric	Van Dusen	Sanford Health/South Dakota EMS Association	FlightParamedic	eric.vandusen@sanfordhealth.org	(605) 328-6393
22	Sarah	Niemyer	Sanford Heatlh	Business Development	Sarah.Niemeyer@SanfordHealth.org	(605) 312-2162
23	Stan	Kogan	Sioux Falls Health Department	Health Promotion Specialist	skogan@siouxfalls.org	(605) 367-8031
24	Tamee	Livermont	Sioux Falls Health Department	Public Health Intern	tlivermont@siouxfalls.org	(605) 367-8286
25	Mary	Michaels	Sioux Falls Health Department	Public Health Prevention Coordinator	mmichaels@siouxfalls.org	(605) 367-8286
26	Gypsy	Wanna	Sisseton Wahpeton Sioux Tribe	Wellness Coordinator	gypsy.wanna@ihs.gov	(605) 742-3809
27	Audrey	German	Sisseton-Wahpeton Oyate	Program Manager	audrey.german@ihs.gov	(605) 698-4204
28	Kristen	Bunt	South Dakota Association of Healthcare Organizations	Director, Quality Integration	kristen.bunt@sdaho.org	(605) 361-2281
29	Karen	Cudmore	South Dakota Department of Health	Cancer Programs Director	karen.cudmore@state.sd.us	(605) 773-5728
30	Katie	Hill	South Dakota Department of Health	Communications Coordinator	Katie.Hill@state.sd.us	(605) 773-2790
31	Marty	Link	South Dakota Department of Health	Director of EMS and Trauma	marty.link@state.sd.us	(605) 367-5372
32	Colleen	Winter	South Dakota Department of Health	Division Director	colleen.winter@state.sd.us	(605) 773-3737
33	Paula	Gibson	South Dakota Department of Health	Bon Homme Community Health	paula.gibson@state.sd.us	(605) 589-4318
34	Kiley	Hump	South Dakota Department of Health	Chronic Disease Director	kiley.hump@state.sd.us	(605) 773-5610
35	Ashley	Miller	South Dakota Department of Health	Epidemiologist	ashley.miller@state.sd.us	(605) 367-4342
36	Rachel	Sehr	South Dakota Department of Health	Heart Disease and Stroke Prevention Coordinator	Rachel.Sehr@state.sd.us	(605) 367-5362
37	Mandi	Atkins	South Dakota Health Link	Implementation Specialist	mandi.atkins@dsu.edu	(605) 270-4039
38	Stacie	Davis	South Dakota Health Link	Clinitcal Engagement Consultant	stacie.davis@dsu.edu	(605) 256-5555
39	Whitney	Garney	Texas A&M	Assistant Professor	wrgarney@tamu.edu	(979) 229-4301
40	Linda	Stopp, MPA	US DHHS OASH Region VIII	Public Health Advisor	linda.stopp@hhs.gov	(303) 844-7891

Advancing Million Hearts®: AHA and Heart Disease and Stroke Prevention Partners Working Together in South Dakota
July 11, 2017

Meeting Summary

Reinforced by the recent development of a state plan, South Dakota has a strong group of dedicated partners who recognize the need to align their work to better meet their ultimate vision: Healthy People. Healthy Communities. Healthy South Dakota. Three major themes emerged during the meeting:

- Power of partnership to address the strategies from the strategic plan
- Interest in continuous quality improvement
- Acknowledgement that data has been collected, and that it has been used. The partners now need to identify where the data exists and use it in the spirit of quality improvement.

Organizing the work by the four goal areas of the strategic plan
South Dakota Cardiovascular Collaborative – Strategic Plan 2017-2021

- Four main Goal Areas – the Collaborative has prioritized a strategy within each goal area for Year 1 implementation
  - **Improve Data Collection**
    - Explore a process to identify and track cardiovascular indicators available from the health information exchange and other nationally recognized data sources
  - **Priority Populations**
    - Promote the different models of team-based, patient-centered care (health cooperative clinic, health homes, patient-centered medical homes)
  - **Continuum of Care**
    - Develop pilot programs for cardiac ready communities
  - **Prevention & Management**
    - Encourage the implementation of quality improvement processes in health systems

The objectives and strategies listed in this strategic plan were selected by a group of diverse stakeholders. The plan serves as a guide to all stakeholders and partners across the state to work together to reduce the burden of heart disease and stroke in South Dakota. It will be used as a "blueprint" – providing direction, focus and accountability over the next five years.

Sustaining the Momentum

The new partners that were invited to the table at this meeting can consider themselves the South Dakota Cardiovascular Collaborative. Next steps include meetings of the four goal area workgroups and a quarterly newsletter that will go out to the full Cardiovascular Collaborative. Team Leads meet monthly to share what workgroups are working on and ask questions of each other. The Leadership Team, which includes Team Leads and other members from various organizations, meets quarterly. There will also be two meetings with the full Cardiovascular Collaborative throughout the year, one virtually around November and one in-person meeting around March.

"It's been great having our national partners here. It could be something we consider for our annual meetings for this group. We want to keep connected with all of you and thank you for sharing your knowledge."- Kiley Hump, Director of Chronic Disease, South Dakota Department of Health

Goal Area Workplans

Groups were asked to report out on the following areas:

- Summary of Outcomes
- Key Challenges of the Discussion
- Action Plan
- Alignments Found
- Any "asks" of the full team here?
- Sustainability plan for this group

IMPROVE DATA COLLECTION			
Mandi Atkins	Stan Kogan	Leanne Kopfmann	Ashley Miller – lead
Dan Friedrich	Mallory Stasko*	Kristen Bunt	
Kevin Atkins	*Whitney Garney*	*Robin Rinker*	

Goal: Drive policy and population outcomes through improved data collection and analysis for heart disease and stroke.

Strategy: Identify and track data to support at least one heart disease and stroke policy change or recommendation by 2021

Deliverable - Create a survey tool to collect information on cardiovascular indicators from clinics across South Dakota.

Action	**Who**	**By When**
Meet with Goal area 4 to determine what we may want to include in the survey; Consider a question regarding NQF 18 and policies in place for the survey Goal Area 4 is planning.	Ashley Miller to connect with Katie Hill	August 18 2017

PRIORITY POPULATIONS			
Terra Houska	Karen Cudmore	*April Wallace*	Kiley Hump - Lead
Stacie Davis	*Julia Schneider*	Linda Stopp	
Shannon Udy	Colleen Winter		

Goal: Address prevention and treatment needs of priority populations in South Dakota for heart disease and stroke.

Strategy: Promote the different models of team based, patient-centered care (health cooperative clinic, health homes, patient-centered medical home).

Deliverable – Assess Accreditation within facilities		
Action	**Who**	**By When**
Assess PCMH accreditation	Goal 2 Workgroup	Done
Assess cost for accreditation and/or recognition	Goal 2 Workgroup	Done
Reach out to IHS – how are they implementing team-based care IHS representative on leadership team	GPTCHB	August 31, 2017
Deliverable – Research; Gather more information		
Action	**Who**	**By When**
Identify gaps in the state not implementing PCMH	Goal 2 Workgroup	Done
Connect with Kathy Mueller from DSS Health Homes Connect to larger health plans and payers Develop reference guide of different models	Kiley Hump/ Stacie Davis Goal 2 Workgroup	September 30, 2017
Deliverable – Provide education on team-based care models		
Action	**Who**	**By When**
Identify organizations to offer education on team-based care / patient-centered medical home CHAD training Identify physician champion – reach back out to Dr Schroder	Kiley Hump/Rachel Sehr CHAD representative Shannon Udy	Done September 2017 September 30, 2017

Partner with Great Plains Chairman's Tribal Group on monthly webinars Connect with regional HRSA office	Linda Stopp	December 30, 2017
Deliverable - Funding		
Action	**Who**	**By When**
Explore funding support for facilities to implement PCMH	Goal 2 Workgroup	January 31, 2018
Talk with insurance companies on payment models	Kiley Hump	January 31, 2018

CONTINUUM OF CARE		
Eric Marty Lynn	*Julie Harvill* *Mary Jo Garofoli*	Megan Myers – lead
Goal: Coordinate and improve continuum of care for heart disease and stroke.		
Strategy: Develop pilot program for cardiac ready communities		
Deliverable -		
Action	**Who**	**By When**
Spreadsheet comparison of 3 state programs: MN, MT, ND	Julie, Mary Jo	Aug 15 2017
Invite ND to present on their program (ND roadmap)	Marty	Aug 30 2017
Define pilot/program goal, strategy, outcomes, plan	Megan	October 30, 2017
Identify communities / champions	Eric	Fall / Winter 2017
Process for implementation – guidelines and criteria	Eric	April 30, 2018

PREVENTION & MANAGEMENT			
Mary Michaels Pamela Miller Audrey German	Gypsy Wanna Rachel Sehr Paula Gibson	Tamee Livermont Sarah Nifmeyer *Holly Arends*	*Miriam Patanian* Katie Hill - lead
Goal: Enhance prevention and management of heart disease and stroke			
Strategy: Encourage the implementation of quality improvement processes in health systems			
Deliverable – Assessment; health indicator matrix			
Action	**Who**	**By When**	
Develop survey objectives by August 18 call- do other groups want to include questions on their survey Could the Core group add to their responsibilities to align work across the various workgroups? Rachel will contact people from today's meeting to identify the health systems QI contacts (Holly can help with this, as can the primary care association, state medical association to leverage existing lists)	Groups 1 and 4 on a phone call	August 18 2017	
Identify QI leadership group Identify health systems and people within those systems we need to work with. QI Leadership: CHAD, SD Foundation for Medical Care, QIN, HIS Great Plains Area, Great Plains Tribal Group	Rachel Sehr	October 15 2017	
Identify student to help with the survey	Mary Michaels	September 15 2017	

Develop worksheet / matrix tool to help health systems fill out the survey	MPH Student; Holly has a start to the matrix tool	November 1 2017
Send out survey	DOH	November 15 2017
Survey deadline	DOH	December 15 2017
Survey analysis complete	Group 1 – Ashley Miller	March 1 2018

Meeting Notes

Meeting Purpose:
Connecting staff from AHA Affiliates, state health departments and other state and local heart disease and stroke prevention partners to establish and engage in meaningful relationships around Million Hearts® efforts.

Meeting Objectives:
At the end of the meeting, participants will be able to:

1) Identify Million Hearts focused activities for 2017
2) Recognize Million Hearts® evidence-based and practice-based CVD prevention strategies and approaches
3) List partner programs and resources that align with Million Hearts
4) Identify program efforts that align and ways to work together
5) Create plan for follow-up to increase engagement
6) Recognize key contacts within heart disease and stroke prevention

Partners

American Heart Association
Avera St Benedict
City of Sioux Falls
Community HealthCare Assn of the Dakotas
Great Plains Quality Improvement Network / South Dakota Foundation for Medical Care
Great Plains Tribal Chairmen's Health Board
HealthPOINT
Sanford Cardiovascular
Sanford Health
Sioux Falls Health Department
Sisseton-Wahpeton Oyate
South Dakota Association of Healthcare Organizations
-South Dakota Department of Health
-South Dakota EMS Association
-South Dakota State Medical Association
-US Department of Health and Human Services, Office of the Assistant Secretary for Health Region VIII

Meeting Outcomes:
Attendees will have expanded their knowledge of evidence-based programs, collaboration strategies, tools, resources and connections to align programs and new initiatives that support Million Hearts®.

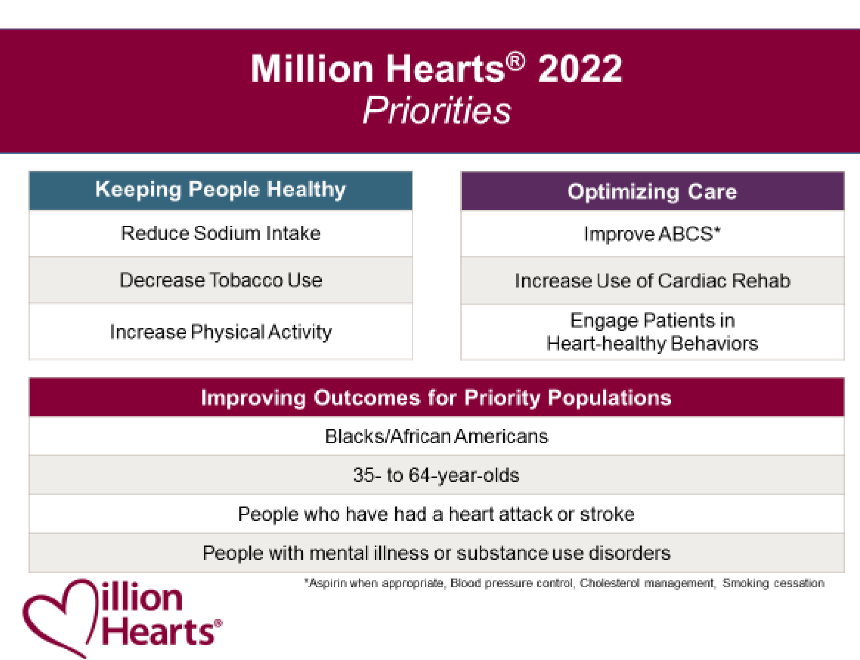
Million Hearts 2022:

The goal of Million Hearts is to prevent 1 million heart attacks, strokes, and other cardiovascular events. During the first 5-year phase of Million Hearts®, we made significant progress in many areas. And while final numbers will not be available until 2019, we estimate that up to half a million events may have been prevented from 2012-2016. With new strategies in place, we are hoping to build on our momentum over the next five years.

Million Hearts® 2022 is co-led by the Centers for Disease Control & Prevention and the Centers for Medicare and Medicaid Services. But it is carried out by a variety of partners across federal and state agencies, and private organizations.

Million Hearts® provides a platform to shine light on a selection of evidence-based strategies for cardiovascular disease prevention, and it serves as a learning lab and repository of tools, protocols, and resources for partners to use to implement these strategies.

The important thing to note, however, is that while Million Hearts® provides the platform, the strategies, the tools, protocols and resources, it's the partners who are the ones really driving this initiative.



South Dakota Cardiovascular Collaborative Strategic Plan 2017-2022

http://doh.sd.gov/documents/diseases/chronic/CardiovascularCollaborativeStrategicPlan_March2017.pdf

The South Dakota Cardiovascular Collaborative Strategic Plan 2017 - 2021 is a collaborative effort of state and local partners working on heart disease and stroke prevention and management in South Dakota. The Cardiovascular Collaborative is a group of about two dozen medical and public health professionals who want to improve the quality of life for all South Dakotans through prevention and control of heart disease and stroke. This group is includes representatives from the South Dakota Department of Health (DOH), American Heart Association, South Dakota Regional Extension Center, South Dakota Health Link, South Dakota State Medical Association and the Community Healthcare Association of the Dakotas.

South Dakota Cardiovascular Collaborative

Strategic Plan 2017-2021

Vision: Healthy people, Healthy communities, Healthy South Dakota

Mission: Improve quality of life of all South Dakotans through prevention and control of heart disease and stroke

Download the entire South Dakota Cardiovascular Collaborative Strategic Plan at doh.sd.gov/diseases/chronic/heartdisease

Goals			
I. IMPROVE DATA COLLECTION Drive policy and population outcomes through improved data collection and analysis for heart disease and stroke.	**II. PRIORITY POPULATIONS** Address prevention and treatment needs of priority populations in South Dakota for heart disease and stroke.	**III. CONTINUUM OF CARE** Coordinate and improve continuum of care for heart disease and stroke.	**IV. PREVENTION & MANAGEMENT** Enhance prevention and management of heart disease and stroke.
Objectives			
1. Identify and track data to support at least one heart disease and stroke policy change or recommendation by 2021.[1] 2. Increase input into at least 4 data collection tools by organizations and/or individuals by 10% by 2021.[2]	1. Increase the number of EMTs in South Dakota from 3,281 EMTs in 2016 to 3,850 EMTs by 2021.[3] 2. Decrease the age-adjusted death rate due to heart disease in the American Indian population from 212.5 per 100,000 to 202.0 per 100,000 by 2021.[4] 3. Decrease the age-adjusted death rate due to stroke in the American Indian population from 48.5 per 100,000 to 46 per 100,000 by 2021.[4]	1. Decrease emergency response times by decreasing average ambulance chute times from 7.5 minutes to 6.5 minutes by 2021.[3] 2. Reduce 30-day readmission rate for heart disease and stroke from 6.09% to 5.9% by 2021.[5]	1. Decrease prevalence of heart attack from 4.7% (2015) to 4.45% (5% decrease) by 2021.[6] 2. Decrease prevalence of stroke from 2.6% (2015) to 2.47% (5% decrease) by 2021.[6]
Strategies			
A. Explore a process to identify and track cardiovascular indicators available from the HIE (Health Information Exchange) and other nationally recognized data sources. B. Convene priority stakeholders to identify potential for policy action, i.e. potential legislation, to support the use of HIE. C. Encourage providers who have access to HIE to contribute data into the system. D. Educate members of the HIE to help them more fully utilize the services and incorporate health information technology into workflows. E. Develop a process to disseminate data to stakeholders.	A. Promote the different models of team-based, patient-centered care (health cooperative clinic, health homes, patient-centered medical home). B. Support policies that increase access to heart disease and stroke care for priority populations. C. Improve collaboration with tribal communities. D. Maximize community-clinical linkages (e.g. CHW, different sectors). E. Explore innovative strategies to sustain EMS services (ex: funding, training).	A. Develop pilot program for cardiac ready communities. B. Ensure utilization of community-based resources and programs such as Mission: Lifeline and LUCAS for EMS services. C. Engage non-physician providers in team-based approach to care. D. Utilize results of needs assessment to address infrastructure and sustainability of EMS.	A. Encourage the implementation of quality improvement processes in health systems. B. Expand prevention and lifestyle interventions in communities and for all ages across the lifespan. C. Promote patient-centered disease management that engages patient and family in their own care and links them to community resources. D. Promote awareness, detection and management of high blood pressure (clinical innovations, team-based care and self-monitoring of blood pressure).

South Dakota Foundation for Medical Care, Great Plains, Quality Innovation Network

Their work with clinics has really opened doors once they started data driven quality improvement.

Foundation Principles: Enable innovation; foster learning organizations such as webinars; eliminate disparities; strengthen infrastructure and data systems- very far along with EMR adoption. Aligned with Million Hearts. Focus on ABCS- feedback reports on national benchmarks. If they are not meeting the mark on a measure, they do quality improvements with the clinics to improve it.

Their approach:

- Offering technical assistance on the Physician Quality Reporting System (PQRS) cardiovascular measures submission for participating clinics
- Assist home health agencies with measures reporting through the Home Health Cardiovascular Data Registry
- Help clinics utilize EHRs for data analysis and performance improvement activities focused on clinical quality measures

We need health home representatives at the table- they have some fabulous resources/modules. South Dakota Performance- improved significantly over the years. They have seen some increases on PQRS, HEDIS measures. Million Hearts has been a great source of data that they can access.

Question to the group- do you have standardized QI in your organization? Is it centralized or decentralized in various departments?

AHA/ASA programs and resources that align with Million Hearts

See 2017 Policy Agenda – This is modified every year based on the latest data and impact on population health.

Advocacy Priorities: Health Insurance Coverage; Systems of Care: Healthy Living; Tobacco Free.

Recent Win! CPR in schools was just passed and became law on July 1, 2017. South Dakota was 36th state to require hands-only CPR in required curriculum before graduation. Could train up to 10,000 students a year in bystander CPR. EMS Association will be doing the training.

Cardiac Ready Communities- Program designed to prepare communities to respond and assist to increase survival from a cardiac event occurring outside of the hospital setting. South Dakota is gathering best practices from other states with similar programs.

Tobacco- Free: Last tobacco tax in 2006. Defending smoke free law which passed in 2010.

Hypertension strategies- Increase and sustain blood pressure control; increase percent of hypertensive patients that are self-monitories.

Target BP- Helps practitioners to improve hypertension rates; recognition approach. Health systems/practitioners can sign up to be part of the campaign and they will receive resources to help them implement programs; AHA is available for technical support. http://targetbp.org/

Check.Change.Control CHOLESTEROL- focused on clinicians to adhere to increase adoption and use of cholesterol management guidelines through professional education and quality improvement programs; increase understanding of

and adherence to evidence-based treatment guidelines through public and patient education. AHA is performing market research to identify resources that are helpful to physicians and to identify information that will be most useful for consumers. http://www.heart.org/HEARTORG/Conditions/Cholesterol/Check-Change-Control-Cholesterol-Program_UCM_491936_SubHomePage.jsp

For more information visit: http://www.heart.org/HEARTORG/Advocate/American-Heart-Association-Million-Hearts_UCM_463392_Article.jsp#.WWT-1YWcE2w

Supporting Documentation

Pre-Meeting Survey for Breakout Sessions

Previous Involvement in Million Hearts® activities:

- Yes-50.0%

Track Indicators Related to Heart Disease and Stroke:

- Yes-50.0%
- No-25.0%

Utilize Evidence-Based Practices Related to Heart Disease/Stroke Among SD Priority Populations:

- Yes-50.0%
- No-50.0%

Utilize Evidence-Based Practices Related to Continuum of Care for Heart Disease/Stroke:

- Yes-33.3%
- No-66.7%

Utilize Evidence-Based Practices Related to Prevention & Management of Heart Disease/Stroke:

- Yes-33.3%
- No-66.7%

Success at end of the meeting:

•A plan for actionable items that each attendee can undertake to move the needle on heart and stroke prevention, systems of care.

•Seek sustainable and attainable health outcomes through education and community activities.

Meeting Agenda:

Time	Agenda Item/Topic	Speaker/Facilitator
9:00 – 9:15 am	**Partner Networking**	
9:15 – 9:20 am	**Welcome**	**Julie Harvill** Operations Manager Million Hearts® Collaboration
9:20 - 9:40am	**Expectation – Approach for the Day** Introductions – what excites you about your role in heart disease and stroke prevention? (one sentence)	**John Bartkus** Principle Program Manager Pensivia

9:40 – 10:30am	**Million Hearts® 2022** • Million Hearts® Accomplishments • What must happen to prevent? • 2017 Focus Q and A/Group Interaction	**Robin Rinker, MPH, CHES** Health Communications Specialist Division for Heart Disease and Stroke Prevention Centers for Disease Control and Prevention
10:30 – 10:45am	**Break**	
10:45 – 11:00am	**South Dakota Department of Health introduces the South Dakota Cardiovascular Collaborative Strategic Plan 2017-2022 and those areas that align with Million Hearts®.** Q and A/Group Interaction	**Kiley Hump, M.S.** Administrator Office of Chronic Disease Prevention and Health Promotion South Dakota Department of Health
11:00 – 11:15am	**South Dakota Foundation for Medical Care, Great Plains, Quality Innovation Network** Q and A	**Nancy Beaumont** Director of Quality Improvement South Dakota Foundation for Medical Care Great Plains Quality Innovation Network
11:15 – 11:30am	**AHA/ASA programs and resources that align with Million Hearts** Q and A	**Megan Myers** Government Relations Director, South Dakota American Heart Association, Midwest Affiliate
11:30 am – 12:15 pm	**Lunch**	
12:15 – 3:00pm	**Afternoon Breakouts/Facilitated Discussions**	**John Bartkus**
	South Dakota Cardiovascular Collaborative Strategic Plan 2017-2022, Partners, Programs and Persons that Align **Group I. IMPROVE DATA COLLECTION** Drive policy and population outcomes through improved data collection and analysis for heart disease and stroke. A. Identify and track data to support at least one heart disease and stroke policy change or recommendation by 2021.1 **Group II. PRIORITY POPULATIONS** Address prevention and treatment needs of priority populations in South Dakota for heart disease and stroke A. Promote the different models of team based, patient-centered care (health cooperative clinic, health homes, patient-centered medical home). **Group III. CONTINUUM OF CARE** Coordinate and improve continuum of care for heart disease and stroke. A. Develop pilot program for cardiac ready communities. **Group IV. PREVENTION & MANAGEMENT**	

	Enhance prevention and management of heart disease and stroke. A. Encourage the implementation of quality improvement processes in health systems.	
2:00 – 2:30pm	**Reports from Breakouts**	
2:30 – 2:45p.m	**Plans for follow-up/next interactions**	
2:50 – 2:55p.m	**Evaluation and Feedback Process**	**Whitney R. Garney** WRG Consulting
2:55 p.m.	**Wrap Up**	**April Wallace** Program Initiatives Manager Million Hearts® Collaboration
3:00 p.m.	**Adjourn**	

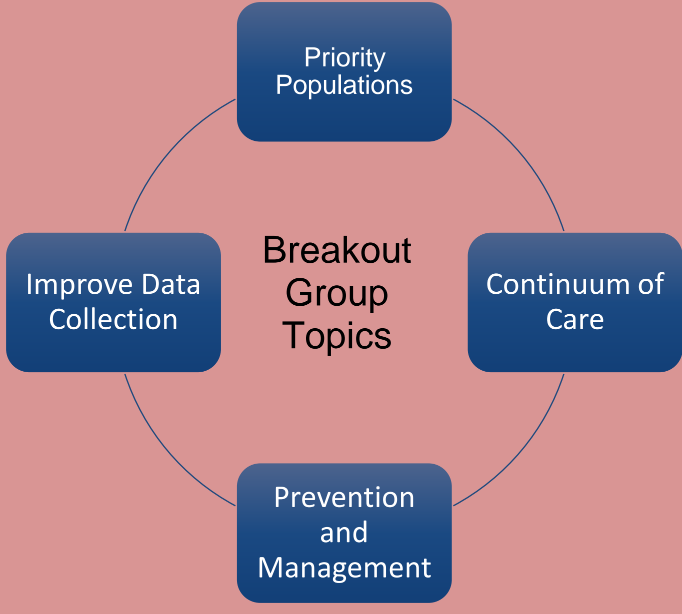
Advancing Million Hearts ®:
American Heart Association and Heart Disease and Stroke Prevention Partners Working Together in South Dakota

July 11, 2017

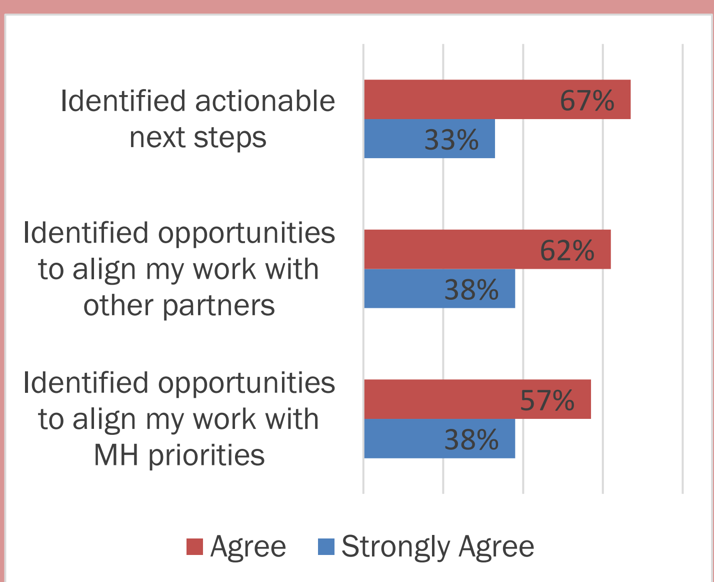
On July 11, 2017, the American Heart Association (AHA) worked with partners to host the Advancing Million Hearts®: AHA and Heart Disease and Stroke Prevention Partners Working Together in South Dakota Meeting. The goal of the meeting was for attendees to expand their knowledge of evidence-based programs, collaboration strategies, tools, resources and generate connections to align programs and new initiatives that support Million Hearts® (MH).

40 South Dakota partners attended the meeting representing 24 organizations.

Participants attended breakout groups to plan activities and establish action plans.



Participants felt the meeting allowed them to:



I have a "better understanding of Million Hearts and its efforts…never really had a full understanding of its scope"

-Meeting Participant

Participants felt the most valuable part of the meeting was…

Meeting Variety New Partners Million Hearts

Networking Efforts

South Dakota Cardiovascular Collaborative

Strategic Plan 2017-2021

Download the entire South Dakota Cardiovascular Collaborative Strategic Plan at doh.sd.gov/diseases/chronic/heartdisease

Vision: Healthy people, Healthy communities, Healthy South Dakota

Mission: Improve quality of life of all South Dakotans through prevention and control of heart disease and stroke

Goals

I. IMPROVE DATA COLLECTION	II. PRIORITY POPULATIONS	III. CONTINUUM OF CARE	IV. PREVENTION & MANAGEMENT
Drive policy and population outcomes through improved data collection and analysis for heart disease and stroke.	Address prevention and treatment needs of priority populations in South Dakota for heart disease and stroke.	Coordinate and improve continuum of care for heart disease and stroke.	Enhance prevention and management of heart disease and stroke.

Objectives

I. IMPROVE DATA COLLECTION	II. PRIORITY POPULATIONS	III. CONTINUUM OF CARE	IV. PREVENTION & MANAGEMENT
1. Identify and track data to support at least one heart disease and stroke policy change or recommendation by 2021.[1] 2. Increase input into at least 4 data collection tools by organizations and/or individuals by 10% by 2021.[2]	1. Increase the number of EMTs in South Dakota from 3,281 EMTs in 2016 to 3,850 EMTs by 2021.[3] 2. Decrease the age-adjusted death rate due to heart disease in the American Indian population from 212.5 per 100,000 to 202.0 per 100,000 by 2021.[4] 3. Decrease the age-adjusted death rate due to stroke in the American Indian population from 48.5 per 100,000 to 46 per 100,000 by 2021.[4]	1. Decrease emergency response times by decreasing average ambulance chute times from 7.5 minutes to 6.5 minutes by 2021.[3] 2. Reduce 30-day readmission rate for heart disease and stroke from 6.09% to 5.9% by 2021.[5]	1. Decrease prevalence of heart attack from 4.7% (2015) to 4.45% (5% decrease) by 2021.[6] 2. Decrease prevalence of stroke from 2.6% (2015) to 2.47% (5% decrease) by 2021.[6]

Strategies

I. IMPROVE DATA COLLECTION	II. PRIORITY POPULATIONS	III. CONTINUUM OF CARE	IV. PREVENTION & MANAGEMENT
A. Explore a process to identify and track cardiovascular indicators available from the HIE (Health Information Exchange) and other nationally recognized data sources. B. Convene priority stakeholders to identify potential for policy action, i.e. potential legislation, to support the use of HIE. C. Encourage providers who have access to HIE to contribute data into the system. D. Educate members of the HIE to help them more fully utilize the services and incorporate health information technology into workflows. E. Develop a process to disseminate data to stakeholders.	A. Promote the different models of team-based, patient-centered care (health cooperative clinic, health homes, patient-centered medical home). B. Support policies that increase access to heart disease and stroke care for priority populations. C. Improve collaboration with tribal communities. D. Maximize community-clinical linkages (e.g. CHW, different sectors). E. Explore innovative strategies to sustain EMS services (ex: funding, training).	A. Develop pilot program for cardiac ready communities. B. Ensure utilization of community-based resources and programs such as Mission: Lifeline and LUCAS for EMS services. C. Engage non-physician providers in team-based approach to care. D. Utilize results of needs assessment to address infrastructure and sustainability of EMS.	A. Encourage the implementation of quality improvement processes in health systems. B. Expand prevention and lifestyle interventions in communities and for all ages across the lifespan. C. Promote patient-centered disease management that engages patient and family in their own care and links them to community resources. D. Promote awareness, detection and management of high blood pressure (clinical innovations, team-based care and self-monitoring of blood pressure).

Sources: 1) TBD; 2) Data from healthcare facilities; 3) DOH EMT database; 4) Vital Statistics, 2015; 5) QIN Report, Sept 2016; 6) BRFSS, 2015 | March 2017

Note on Goal 3: Chute time is a measurement of time from the notification of the crew until the ambulance begins moving toward the emergency scene. A current analysis of EMS chute times showed an average of 7.5 minutes for a 911 response. EMS directors from 130 ground and air licensed ambulance services in SD were surveyed in the summer of 2016. Out of the 130 services, 76% reported they track and measure chute times while 24% report they did not. To effectively increase awareness of and reduce chute times by 2021, the EMS Program will focus strategies on increasing the awareness of monitoring chute times locally. Of course, many other contributing factors pay a role in increased chute times, volunteerism plays the most significant factor.

Million Hearts® Resources

Resources for Clinicians:

- **Hypertension Control: Change Package for Clinicians**
  http://millionhearts.hhs.gov/files/HTN_Change_Package.pdf
  A quality improvement change package with a listing of process improvements that ambulatory clinical settings can implement as they seek optimal hypertension control.

- **Self-Measured Blood Pressure Monitoring: Action Steps for Clinicians**
  http://millionhearts.hhs.gov/files/MH_SMBP_Clinicians.pdf
  A guide to facilitate the implementation of self-measured blood pressure monitoring (SMBP) plus clinical support in preparing care teams to support SMBP, selecting and incorporating clinical support systems, empowering patients, and encouraging health insurance coverage for SMBP plus additional clinical support.

- **Evidence-Based Hypertension Treatment Protocols**
  http://millionhearts.hhs.gov/tools-protocols/protocols.html
  A webpage with a hypertension treatment protocol template and featured evidence-based protocols to help clinicians improve blood pressure control by clarifying titration intervals, revealing new treatment options and expanding the types of staff that can assist in a timely follow-up with patients.

- **Tobacco Cessation Protocol**
  A webpage with a tobacco cessation protocol template and featured evidence-based protocols to help clinicians identify patients who use tobacco and systematically deliver appropriate cessation services.
  http://millionhearts.hhs.gov/tools-protocols/protocols.html#TCP

- **Undiagnosed Hypertension**
  http://millionhearts.hhs.gov/tools-protocols/hiding-plain-sight/index.html
  A webpage that describes the phenomena of patients with uncontrolled hypertension being seen by clinicians, but remaining undiagnosed; resources, references and case studies are provided to help clinicians find their undiagnosed hypertensive patients.
  - **Hypertension Prevalence Estimator**
    https://nccd.cdc.gov/MillionHearts/Estimator/
    An interactive tool health systems and practices can use to start or build on their existing hypertension management quality improvement process by comparing the expected hypertension prevalence generated from the tool with their calculated prevalence.

- **Million Hearts® Clinical Quality Measures (CQM)**
  http://millionhearts.hhs.gov/data-reports/cqm.html
  A webpage that displays national clinical quality measures and targets focused on the Million Hearts® ABCS (Aspirin when appropriate, Blood pressure control, Cholesterol management, and Smoking cessation).

- **Medication Adherence Resources**
  https://millionhearts.hhs.gov/tools-protocols/medication-adherence.html
  A webpage with a variety of resources, tools, tip sheets and success stories to help patients take medications correctly and consistently.

- **Health IT Resources:**
  https://millionhearts.hhs.gov/tools-protocols/tools/health-IT.html
  A webpage with health IT resources and tools that enable easier clinical quality reporting and improvement.

Clinically-focused Programs:

- **Million Hearts® Hypertension Control Challenge**
  http://millionhearts.hhs.gov/partners-progress/champions/index.html

- **Million Hearts® Cardiovascular Disease Risk Reduction Model**
  https://innovation.cms.gov/initiatives/Million-Hearts-CVDRRM/

- **EvidenceNOW: Advancing Heart Health in Primary Care**
  http://www.ahrq.gov/professionals/systems/primary-care/evidencenow.html

Public Health Resources and Programs:

- **Self-Measured Blood Pressure Monitoring: Action Steps for Public Health Practitioners**
  http://millionhearts.hhs.gov/files/MH_SMBP.pdf

- **CDC State Heart Disease and Stroke Prevention Programs**
  http://www.cdc.gov/dhdsp/programs/index.htm

Tools for Patients:

- **Heart Age Predictor**
  http://www.cdc.gov/vitalsigns/cardiovasculardisease/heartage.html

- **Blood Pressure Wallet Card**
  http://millionhearts.hhs.gov/files/BP_Wallet_Card.pdf

- **Smoke Free (SF)**
  http://smokefree.gov/

- **Million Hearts® Videos: Personal Stories**
  http://millionhearts.hhs.gov/news-media/media/videos.html#ps

Community Engagement:

- **Million Hearts® 2022 Partner Materials**
  https://millionhearts.hhs.gov/about-million-hearts/partner-materials.html

- **Cardiovascular Health: Action Steps for Employers**
  http://millionhearts.hhs.gov/files/MH_Employer_Action_Guide.pdf

Supportive Campaigns:

- **Mind Your Risks**
  https://mindyourrisks.nih.gov/index.html

- **Tips from Former Smokers**
  http://www.cdc.gov/tobacco/campaign/tips/index.html

Preventing 1 Million Heart Attacks and Strokes by 2022

Robin Rinker, MPH
Health Communications Specialist
Division for Heart Disease and Stroke Prevention
Centers for Disease Control and Prevention

Million Hearts® 2022

- **Aim:** Prevent 1 million—or more—heart attacks and strokes in the next 5 years
- National initiative co-led by:
  - Centers for Disease Control and Prevention (CDC)
  - Centers for Medicare & Medicaid Services (CMS)
- Partners across federal and state agencies and private organizations

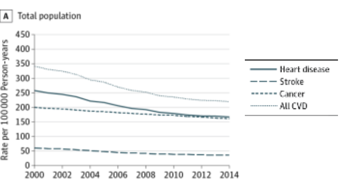
Heart Disease and Stroke in the U.S.

- More than **1.5 million** people in the U.S. suffer from heart attacks and strokes per year[1]
- More than **800,000** deaths per year from cardiovascular disease (CVD)[1]
- CVD costs the U.S. **hundreds of billions** of dollars per year[1]
- CVD is the greatest contributor to racial disparities in life expectancy[2]

References
1. Benjamin EJ, Blaha MJ, Chiuve SE, Cushman M, Das SR, Deo R, et al. Heart Disease and Stroke Statistics-2017 Update: A Report From the American Heart Association. Circulation 2017;135(10):e146–603.
2. Kochanek KD, Arias E, Anderson RN. How did cause of death contribute to racial differences in life expectancy in the United States in 2010? NCHS data brief, no 125. Hyattsville, MD: National Center for Health Statistics. 2013

Heart Disease and Stroke Trend

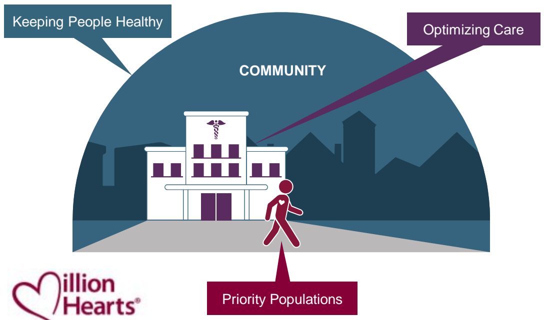
While CV deaths have been declining for the past 40 years, the **reduction in these deaths has slowed**.



Sidney S, Quesenberry CP, Jaffe MG, Sorel M, Nguyen-Huynh MN, Kushi LH, et al. Recent trends in cardiovascular mortality in the United States and public health goals. *JAMA Cardiol* 2016;1(5):594–9

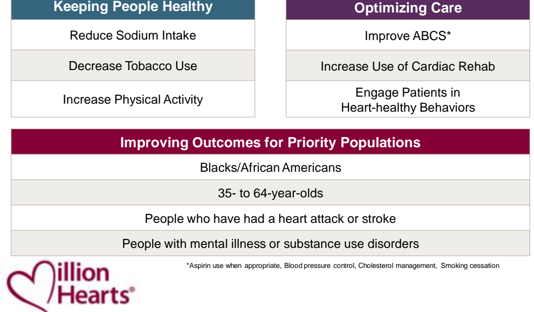
Million Hearts® 2022 Aim:

Prevent 1 Million Heart Attacks and Strokes in Five Years



Million Hearts® 2022

Priorities



Keeping People Healthy	Optimizing Care
Reduce Sodium Intake	Improve ABCS*
Decrease Tobacco Use	Increase Use of Cardiac Rehab
Increase Physical Activity	Engage Patients in Heart-healthy Behaviors

Improving Outcomes for Priority Populations
Blacks/African Americans
35- to 64-year-olds
People who have had a heart attack or stroke
People with mental illness or substance use disorders

*Aspirin use when appropriate, Blood pressure control, Cholesterol management, Smoking cessation

Keeping People Healthy

Goals	Effective Public Health Strategies
Reduce Sodium Intake Target: 20%	• Enhance consumers' options for lower sodium foods • Institute healthy food procurement and nutrition policies
Decrease Tobacco Use Target: 20%	• Enact smoke-free space policies that include e-cigarettes • Use pricing approaches • Conduct mass media campaigns
Increase Physical Activity Target: 20% (Reduction of inactivity)	• Create or enhance access to places for physical activity • Design communities and streets that support physical activity • Develop and promote peer support programs

Optimizing Care

Goals	Effective Health Care Strategies
Improve ABCS* Targets: 80%	***High Performers Excel in the Use of…*** • **Teams**—including pharmacists, nurses, community health workers, and cardiac rehab professionals • **Technology**—decision support, patient portals, e- and default referrals, registries, and algorithms to find gaps in care • **Processes**—treatment protocols; daily huddles; ABCS scorecards; proactive outreach; finding patients with undiagnosed high BP, high cholesterol, or tobacco use • **Patient and Family Supports**—training in home blood pressure monitoring; problem-solving in medication adherence; counseling on nutrition, physical activity, tobacco use, risks of particulate matter; referral to community-based physical activity programs and cardiac rehab
Increase Use of Cardiac Rehab Target: 70%	
Engage Patients in Heart-healthy Behaviors Targets: TBD	

*Aspirin use when appropriate, Blood pressure control, Cholesterol management, Smoking cessation

Improving Outcomes for Priority Populations

Priority Populations	Major Strategies
Blacks/African Americans	Improving hypertension control
35- to 64-year-olds, because event rates are rising	• Improving hypertension control and statin use • Increasing physical activity
People who have had a heart attack or stroke	• Increasing cardiac rehab referral and participation • Avoiding exposure to particulate matter
People with mental illness or substance use disorders	Reducing tobacco use

Million Hearts® Resources and Tools

- **Action Guides**—Hypertension control; Self-measured blood pressure monitoring (SMBP); Tobacco cessation; Medication adherence
- **Protocols**—Hypertension treatment; Tobacco cessation; Cholesterol management
- **Tools**—Hypertension prevalence estimator; ASCVD risk estimator
- **Health IT**
- **Clinical Quality Measures**
- **Consumer Resources and Tools**

Partner Opportunities: Hospitals
Sample Actions to Consider

- **Action:** Make healthy food and beverage choices available to patients, visitors, and staff
  - **Resource:** HHS/GSA Health and Sustainability Guidelines for Federal Concessions and Vending Operations
  - **Success Story:** Sodium Reduction Community Program Los Angeles County Department of Public Health
- **Action:** Implement comprehensive smoke-free policies
  - **Resource:** The Community Guide: Tobacco Use and Secondhand Smoke Exposure: Smoke-Free Policies
  - **Success Story:** Communities Putting Prevention to Work: Tobacco Use Prevention and Control
- **Action:** Institute automatic referral of eligible patients to cardiac rehab
  - **Resource:** Increasing Cardiac Rehabilitation Participation From 20% to 70%: A Road Map From the Million Hearts Cardiac Rehabilitation Collaborative

Partner Opportunities: Employers
Sample Actions to Consider

- **Action:** Make healthy food and beverage choices available to all employees
  - **Resource:** HHS/GSA Health and Sustainability Guidelines for Federal Concessions and Vending Operations
  - **Success Story:** Sodium Reduction Community Program Los Angeles County Department of Public Health
- **Action:** Develop and support policies at worksites to encourage use of tobacco cessation services.
  - **Resource:** The Community Guide: Tobacco Use and Secondhand Smoke Exposure: Quitline Interventions
  - **Success Story:** North Carolina Division of Public Health, Tobacco Prevention and Control Branch: Expanding Comprehensive Coverage for Tobacco Cessation
- **Action:** Provide environmental supports for recreation or physical activity (e.g., onsite exercise facility, walking trails, bicycle racks).
  - **Resource:** CDC Worksite Health ScoreCard
  - **Success Story:** Bike Share Program Offers California State Employees Another Way to Be Active

Partner Opportunities: Clinical Care Teams
Sample Actions to Consider

- **Action:** Use standardized treatment protocols for hypertension treatment, tobacco cessation, and cholesterol management
  - **Resource:** CDC: Million Hearts® Protocols
  - **Success Story:** 2014 Hypertension Control Champions: Large Health Systems
- **Action:** Implement self-measured blood pressure monitoring (SMBP) interventions with clinical support
  - **Resource:** Million Hearts® Self-Measured Blood Pressure Monitoring: Action Steps for Clinicians
  - **Success Stories:** 2013 Hypertension Control Champion: Nilesh V. Patel, MD; 2015 Hypertension Control Champion: Reliant Medical Group
- **Action:** Improve performance on Million Hearts® clinical quality measures on aspirin, BP control, cholesterol, smoking cessation, and cardiac rehab
  - **Resource:** Million Hearts® ABCS measures
  - **Success Story:** Association of State and Territorial Health Officials (ASTHO) Million Hearts Minnesota
- **Action:** Leverage electronic health record (EHR) systems to excel in the ABCS
  - **Resource:** Million Hearts® EHR Optimization Guides
  - **Success Story:** Michigan Center for Effective IT Adoption

Stay Connected

- Million Hearts® eUpdate Newsletter
- Million Hearts® on Facebook and Twitter
- Million Hearts® Website
- Million Hearts® for Clinicians Microsite

Million Hearts® for Clinicians Microsite

- Features Million Hearts® protocols, action guides, and other QI tools
- Syndicates **LIVE** Million Hearts® on your website for your clinical audience
- Requires a small amount of HTML code—customizable by color and responsive to layouts and screen sizes
- Content is free, cleared, and continuously maintained by CDC

Available at https://tools.cdc.gov/medialibrary/index.aspx#/microsite/id/279017

Million Hearts® 2022
Preventing 1 Million Heart Attacks and Strokes by 2022

Every 40 seconds, an adult dies from a heart attack, stroke, or other adverse outcomes of cardiovascular disease (CVD). These deaths account for about one third (30.9%) of all deaths in the United States, or more than 800,000 deaths each year. About 1 in 5 of these deaths is a person younger than 65. Heart disease and stroke can also lead to other serious illnesses, disabilities, and lower quality of life.

The economic toll of CVD is high—more than $316 billion each year in the United States—with CVD treatment accounting for about $1 of every $7 spent on health care in this country.

While cardiovascular deaths have been declining for the past 40 years, the reduction in these deaths has slowed since 2011, indicating the need for focused, sustained action by public and private partners to improve our nation's cardiovascular health.

Million Hearts® 2022

Million Hearts® 2022 is a national initiative co-led by the Centers for Disease Control and Prevention and the Centers for Medicare & Medicaid Services to prevent 1 million heart attacks and strokes in 5 years. The initiative focuses partner actions on a small set of priorities selected for their impact on heart disease, stroke, and related conditions.

Million Hearts® 2022 Goals

Reaching these goals will result in 1 million fewer heart attacks and strokes in the next 5 years:

- 20% reduction in sodium intake
- 20% reduction in tobacco use
- 20% reduction in physical inactivity
- 80% performance on the ABCS Clinical Quality Measures
- 70% participation in cardiac rehab among eligible patients

Stay Connected

Learn more about Million Hearts® and how you can join this national effort and take action to prevent 1 million heart attacks and strokes by 2022.

Visit **millionhearts.hhs.gov**.

Connect with **Million Hearts®** on Facebook.

Follow **@MillionHeartsUS** on Twitter.

Sign up for the Million Hearts® e-Update at **millionhearts.hhs.gov/news-media**.

What You Can Do

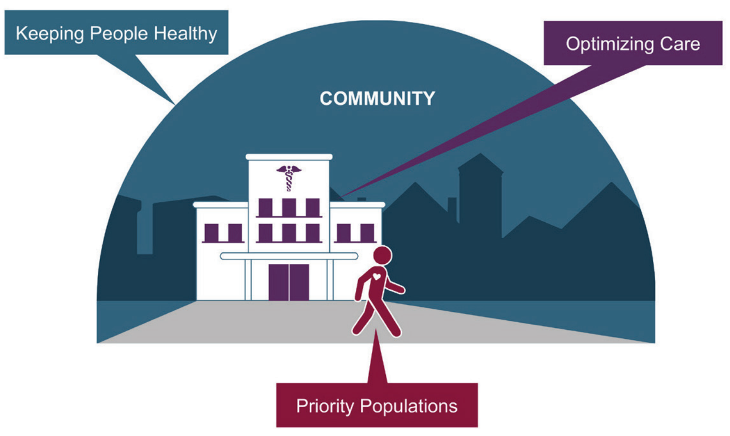
The only way we—as a nation—will meet the Million Hearts® goals is through the collective and focused action of a diverse range of partners.

As a Million Hearts® partner, determine where your individual or organizational mission aligns with the Million Hearts® priorities and explore the evidence-based strategies most suited to your talents, interests, and resources. Check out the **Million Hearts® 2022 framework** and commit with us to carry out the priority actions needed to prevent 1 million heart attacks and strokes.

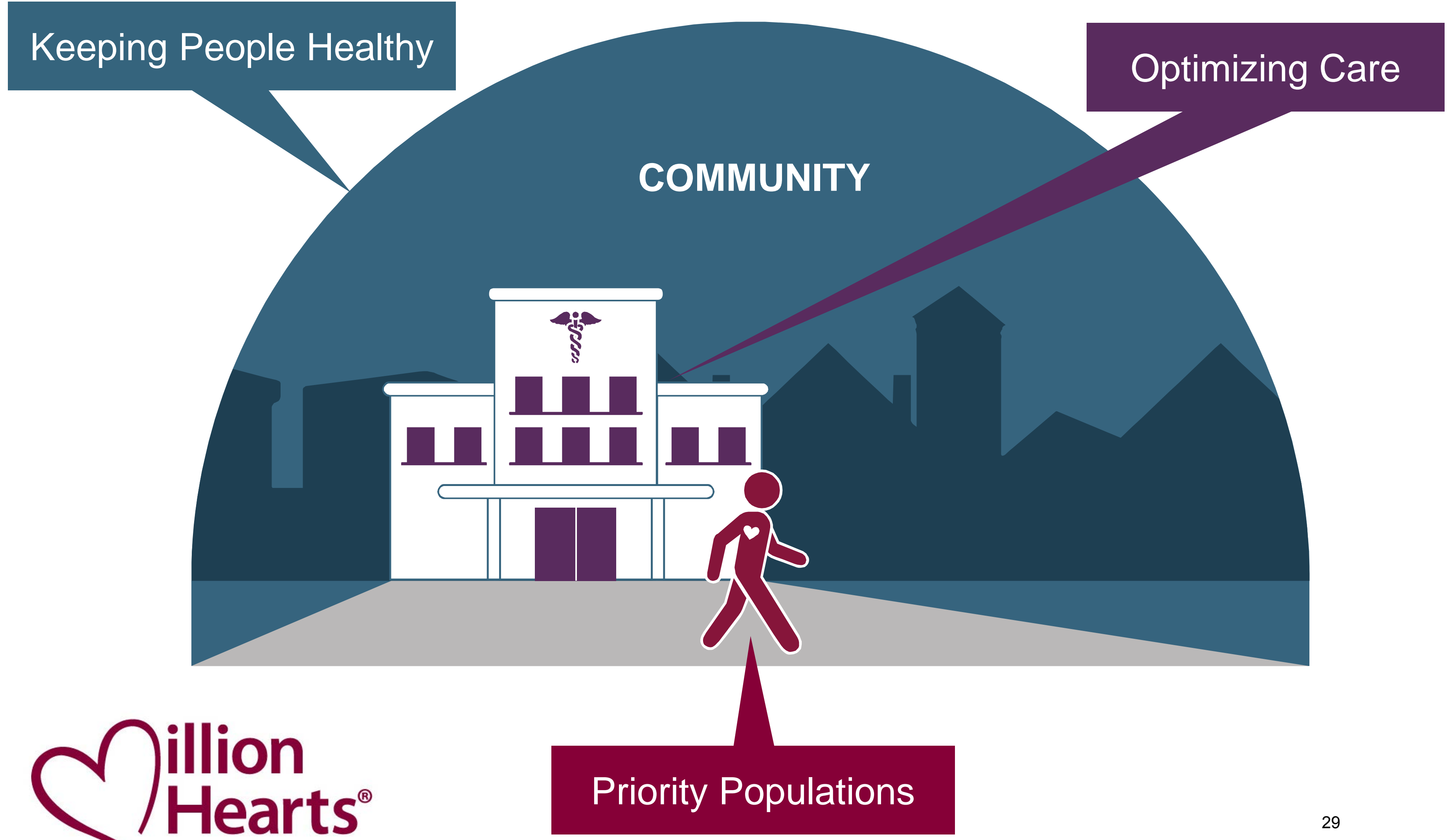
Million Hearts® 2022 Priorities

Million Hearts® has set the following priorities to meet the aim of preventing 1 million heart attacks and strokes by 2022:

- ***Keeping people healthy*** with public health efforts that promote healthier levels of sodium consumption, increased physical activity, and decreased tobacco use.
- ***Optimizing care*** by using teams, health information technology, and evidence-based processes to improve the ABCS (Aspirin when appropriate, Blood pressure control, Cholesterol management, and Smoking cessation), increase use of cardiac rehab, and enhance heart-healthy behaviors.
- ***Improving outcomes for priority populations*** selected based on data showing a significant cardiovascular health disparity, evidence of effective interventions, and partners ready to act. Populations include Blacks/African Americans, 35- to 64-year-olds, people who have had a heart attack or stroke, and people with mental illness or substance use disorders.



Million Hearts® 2022
Design



Million Hearts® 2022 *Priorities*

Keeping People Healthy
Reduce Sodium Intake
Decrease Tobacco Use
Increase Physical Activity

Optimizing Care
Improve ABCS*
Increase Use of Cardiac Rehab
Engage Patients in Heart-healthy Behaviors

Improving Outcomes for Priority Populations
Blacks/African-Americans
35-64 year olds
People who have had a heart attack or stroke
People with mental illness or substance use disorders

*Aspirin, Blood pressure control, Cholesterol management, Smoking cessation

Keeping People Healthy

Goals	Effective Public Health Strategies
Reduce Sodium Intake 20% Target	• Enhance consumers' options for lower sodium foods • Institute healthy food procurement and nutrition policies
Decrease Tobacco Use 20% Target	• Enact smoke-free space policies that include e-cigarettes • Use pricing approaches • Conduct mass media campaigns
Increase Physical Activity 20% Target (Reduction of inactivity)	• Create or enhance access to places for physical activity • Design communities and streets that support physical activity • Develop and promote peer support programs

Optimizing Care

Goals	Effective Healthcare Strategies
Improve ABCS* 80% Targets	***High Performers Excel in the Use of…….*** • **Technology** – decision support, patient portals, e- and default referrals, registries, and algorithms to find gaps in care • **Teams** – including pharmacists, nurses, community health workers, cardiac rehab professionals • **Processes** – treatment protocols; daily huddles; ABCS scorecards; proactive outreach; finding patients with undiagnosed high BP, high cholesterol, or tobacco use • **Patient and Family Supports** – training in home blood pressure monitoring; problem-solving in medication adherence; counseling on nutrition, physical activity, tobacco use, risks of particulate matter; referral to community-based physical activity programs and cardiac rehab
Increase Use of Cardiac Rehab 70% Target	
Engage Patients in Heart-healthy Behaviors Targets TBD	

*Aspirin, Blood pressure control, Cholesterol management, Smoking cessation

Improving Outcomes for Priority Populations

Priority Populations	Major Strategies
Blacks/African-Americans	Improving hypertension control
35-64 year olds—because event rates are rising	• Improving hypertension control and statin use • Increasing physical activity
People who have had a heart attack or stroke	• Increasing cardiac rehab referral & participation • Avoiding exposure to particulate matter
People with mental illness or substance use disorders	Reducing tobacco use

Tools and Resources

http://www.heart.org

Online Tools

- **Check. Change. Control. Tracker** (https://www.ccctracker.com)
  A new online tool to help you track your blood pressure readings and connect with a volunteer health mentor to share your results and progress. Signing up is easy, you just need a campaign code which you can receive by contacting your local AHA affiliate who can also provide more information on the program. If there isn't an AHA office near you, go to www.ccctracker.com/aha and find the campaign code on the map for your state and sign up.

- **My Life Check** (http://tools.bigbeelabs.com/aha/tools/mlc/)
  Get a full heart health assessment with this tool based on many years of research.

- **Heart Attack Risk Calculator** (http://www.cvriskcalculator.com/)
  Calculate your 10-year risk of heart disease or stroke using the ASCVD algorithm published in 2013 ACC/AHA Guideline on the Assessment of Cardiovascular Risk

- **High Blood Pressure Health Risk Calculator** (http://tools.bigbeelabs.com/aha/tools/hbp/)
  Enter your latest blood pressure reading to learn your risk of having a heart attack, a stroke, and developing heart failure and kidney disease. You'll also learn how a few lifestyle changes can lower your blood pressure and your health risks. You can print your risk report to review and discuss with your healthcare professional.

Resources

- **Target: BP** (http://targetbp.org)
  Target: BP is a nationwide initiative aimed at controlling high blood pressure and reducing the growing number of Americans who have heart attacks and stroke. The initiative is co-led by the American Heart Association (AHA) and the American Medical Association (AMA) to help physicians, care teams and patients achieve better blood pressure control in accordance with current AHA guidelines.

- **EmPowered to Serve**
  (http://www.empoweredtoserve.org)
  A multicultural initiative that works to influence faith-based as well as urban housing channels to build strategic alliances that support a "culture of health" through healthy living, enhancing the chain of survival, and improving the environment.

- **Get With The Guidelines**
  (http://www.heart.org/HEARTORG/Professional/GetWithTheGuidelinesHFStroke/Get-With-The-Guidelines---HFStroke_UCM_001099_SubHomePage.jsp
  Get With The Guidelines programs are in-hospital programs for improving stroke, heart failure, resuscitation, and AFib care by promoting consistent adherence to
  the latest evidence-based practices. The program provides hospitals with access to: web-based Patient Management Tool™ (powered by Quintiles Real World and Late Phase Research), clinical decision support, robust registry, real-time benchmarking capabilities and other performance improvement methodologies toward the goal of enhancing patient outcomes and saving lives.

- **Check. Change. Control. (CCC)**
  (http://www.heart.org/HEARTORG/Conditions/More/ToolsForYourHeartHealth/Check-Change-iControli-Community-Partner-Resources_UCM_445512_Article.jsp#.WVQTmU0kvIU)
  Check. Change. *Control.* is an evidence-based hypertension management program that utilizes blood pressure self-monitoring to empower patients/participants to take ownership of their cardiovascular health. The program incorporates the concepts of remote monitoring and online tracking as key features to improve outcomes in hypertension management, physical activity, and weight reduction.
    - **Check. Change. Control. Cholesterol Patient Guide**
      (http://www.heart.org/mycholesterolguide)

- **AHA's Smoking Cessation Tools and Resources**
  http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/Quit-Smoking_UCM_001085_SubHomePage.jsp

- **AHA Healthy Workplace Food and Beverage Toolkit July 2016**
  http://www.heart.org/HEARTORG/GettingHealthy/WorkplaceWellness/WorkplaceWellnessResources/Healthy-Workplace-Food-and-Beverage-Toolkit-Resources_UCM_465206_Article.jsp

South Dakota
2017 Public Policy Agenda

Building healthier lives, free of cardiovascular diseases and stroke.

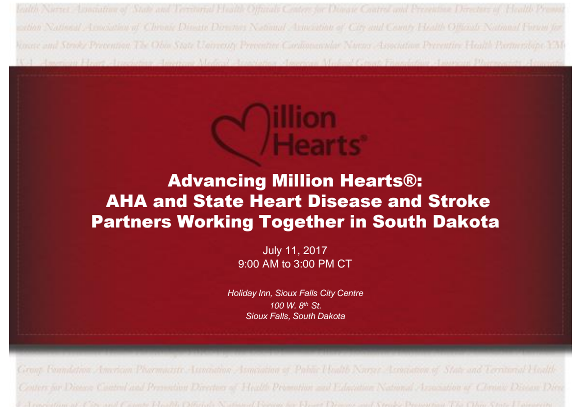
Heart disease is the No. 1 killer of South Dakotans. The American Heart Association / American Stroke Association supports and advocates for public policies that will help improve the cardiovascular health of all Americans by 20 percent while reducing deaths from coronary heart disease and stroke by 20 percent by 2020.

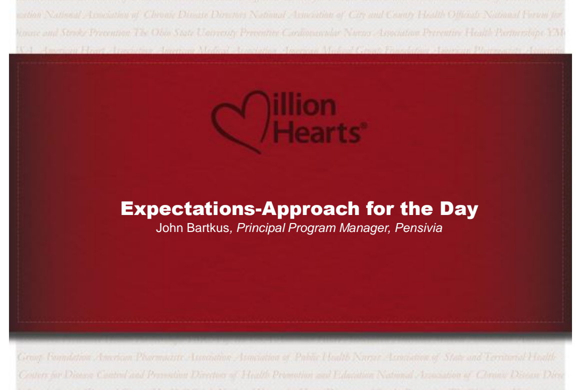
- ♥ **Access to Care: Medicaid Expansion**
  - Pass legislation to extend Medicaid in South Dakota to ensure access to preventive health care for residents up to 138 percent of federal poverty level

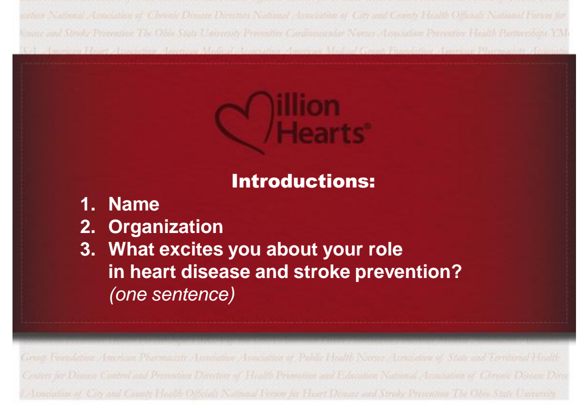
- ♥ **Quality Systems of Care: CPR in Schools**
  - Pass legislation or enact rules establishing hands-only CPR training in South Dakota schools

- ♥ **Healthy Living: Tobacco Free**
  - Defend South Dakota's comprehensive smoke-free law
  - Protect state tobacco prevention and control funding and work to increase program funding

- ♥ **Healthy Living: Nutrition & Physical Activity**
  - Support SD Department of Health efforts to increase the number of South Dakotans engaged in active living and healthy eating
  - Support local policy efforts by groups including Live Well Sioux Falls and Live Well Black Hills that work to create a healthier built environment







Logistics – Preparing for Afternoon Breakouts

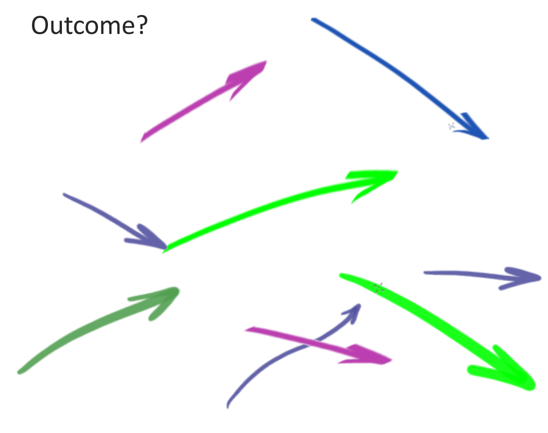
1 IMPROVE DATA COLLECTION	2 PRIORITY POPULATIONS	3 CONTINUUM OF CARE	4 PREVENTION & MANAGEMENT
Ashley Miller	**Kiley Hump**	**Megan Myers**	**Katie Hill**
Stan Kogan	Julia Schneider	Julie Harvill	Miriam Patanian
Whitney Garney	April Wallace	Mary Jo Garofoli	John Clymer
Robin Rinker	Linda Stopp		Holly Arends
Mallory Stasko			

ACTION: Before lunch is over,
please add your name to the Flip-chart
for the Session you plan to attend.

Activity

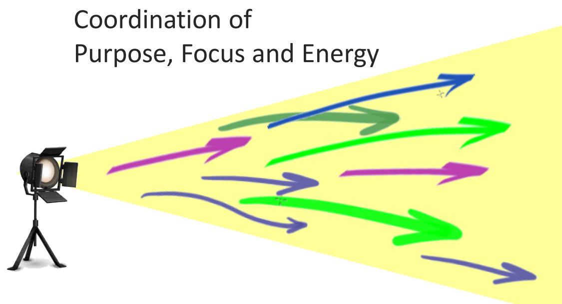
- "We're all Arrows"
- Look around the room.
  Identify something to focus on.
- Close your eyes.
- Fully extend your arm to point at it.
  (Watch out for your neighbors)

Outcome?



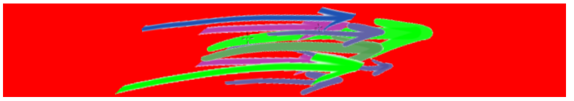
Alignment

Coordination of
Purpose, Focus and Energy



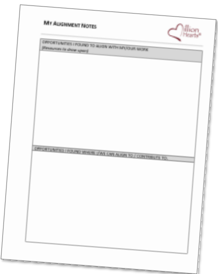
Alignment

Coordination of
Purpose, Focus and Energy



Higher Impact on the target

One of the sheets in your packet is
"My Alignment Notes"



Opportunities I found to:
* Align with My work
* Align with Others work

If "Alignment" is a key goal of this meeting, then what would evidence of cultivating alignment be?

Preventing 1 Million Heart Attacks and Strokes by 2022

Robin Rinker, MPH
Health Communications Specialist
Division for Heart Disease and Stroke Prevention
Centers for Disease Control and Prevention

Million Hearts® 2022

- **Aim:** Prevent 1 million—or more—heart attacks and strokes in the next 5 years
- National initiative co-led by:
  - Centers for Disease Control and Prevention (CDC)
  - Centers for Medicare & Medicaid Services (CMS)
- Partners across federal and state agencies and private organizations

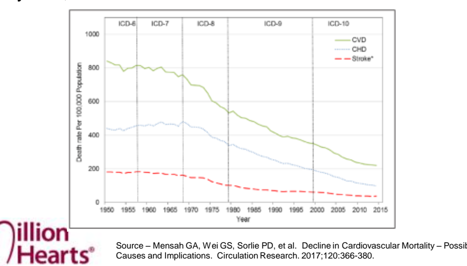
Heart Disease and Stroke in the U.S.

- More than **1.5 million** people in the U.S. suffer from heart attacks and strokes per year[1]
- More than **800,000** deaths per year from cardiovascular disease (CVD)[1]
- CVD costs the U.S. **hundreds of billions** of dollars per year[1]
- CVD is the greatest contributor to racial disparities in life expectancy[2]

References
1. Benjamin EJ, Blaha MJ, Chiuve SE, Cushman M, Das SR, Deo R, et al. Heart Disease and Stroke Statistics-2017 Update: A Report From the American Heart Association. Circulation 2017;135(10):e146–603.
2. Kochanek KD, Arias E, Anderson RN. How did cause of death contribute to racial differences in life expectancy in the United States in 2010? NCHS data brief, no 125. Hyattsville, MD: National Center for Health Statistics. 2013

Heart Disease and Stroke Trends 1950-2015

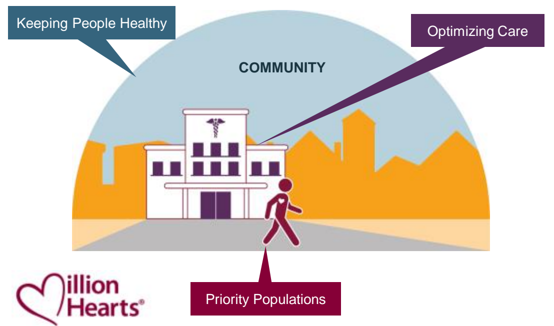
While CV deaths have been declining for the past 40 years, the **reduction in these deaths has slowed**.



Source – Mensah GA, Wei GS, Sorlie PD, et al. Decline in Cardiovascular Mortality – Possible Causes and Implications. Circulation Research. 2017;120:366-380.

Million Hearts® 2022

Aim: Prevent 1 Million Heart Attacks and Strokes in 5 Years



Million Hearts® 2022

Priorities

Keeping People Healthy
Reduce Sodium Intake
Decrease Tobacco Use
Increase Physical Activity

Optimizing Care
Improve ABCS*
Increase Use of Cardiac Rehab
Engage Patients in Heart-healthy Behaviors

Improving Outcomes for Priority Populations
Blacks/African Americans
35- to 64-year-olds
People who have had a heart attack or stroke
People with mental illness or substance use disorders

*Aspirin use when appropriate, Blood pressure control, Cholesterol management, Smoking cessation

Keeping People Healthy

Goals	Effective Public Health Strategies
Reduce Sodium Intake Target: 20%	• Enhance consumers' options for lower sodium foods • Institute healthy food procurement and nutrition policies
Decrease Tobacco Use Target: 20%	• Enact smoke-free space policies that include e-cigarettes • Use pricing approaches • Conduct mass media campaigns
Increase Physical Activity Target: 20% (Reduction of inactivity)	• Create or enhance access to places for physical activity • Design communities and streets that support physical activity • Develop and promote peer support programs

Optimizing Care

Goals	Effective Health Care Strategies
Improve ABCS* Targets: 80%	***High Performers Excel in the Use of…*** • **Teams**—including pharmacists, nurses, community health workers, and cardiac rehab professionals • **Technology**—decision support, patient portals, e- and default referrals, registries, and algorithms to find gaps in care • **Processes**—treatment protocols; daily huddles; ABCS scorecards; proactive outreach; finding patients with undiagnosed high BP, high cholesterol, or tobacco use • **Patient and Family Supports**—training in home blood pressure monitoring; problem-solving in medication adherence; counseling on nutrition, physical activity, tobacco use, risks of particulate matter; referral to community-based physical activity programs and cardiac rehab
Increase Use of Cardiac Rehab Target: 70%	
Engage Patients in Heart-healthy Behaviors Targets: TBD	

*Aspirin use when appropriate, Blood pressure control, Cholesterol management, Smoking cessation

Improving Outcomes for Priority Populations

Priority Population	Intervention Needs	Strategies
Blacks/African Americans	• Improving hypertension control	• Targeted protocols • Medication adherence strategies
35-64 year olds	• Improving HTN control and statin use • Decreasing physical inactivity	• Targeted protocols • Community-based program enrollment
People who have had a heart attack or stroke	• Increasing cardiac rehab referral and participation • Avoiding exposure to particulate matter	• Automated referrals, hospital CR liaisons, referrals to convenient locations • Air Quality Index tools
People with mental illness or substance abuse disorders	• Reducing tobacco use	• Integrating tobacco cessation into behavioral health treatment • Tobacco-free mental health and substance use treatment campuses • Tailored quitline protocols

Million Hearts® Resources and Tools

- **Action Guides**—Hypertension control; Self-measured blood pressure monitoring (SMBP); Tobacco cessation; Medication adherence
- **Protocols**—Hypertension treatment; Tobacco cessation; Cholesterol management
- **Tools**—Hypertension prevalence estimator; ASCVD risk estimator
- **Health IT**
- **Clinical Quality Measures**
- **Consumer Resources and Tools**

Partner Opportunities: Hospitals
Sample Actions to Consider

- **Action:** Make healthy food and beverage choices available to patients, visitors, and staff
  - **Resource:** HHS/GSA Health and Sustainability Guidelines for Federal Concessions and Vending Operations
  - **Success Story:** Sodium Reduction Community Program Los Angeles County Department of Public Health
- **Action:** Implement comprehensive smoke-free policies
  - **Resource:** The Community Guide: Tobacco Use and Secondhand Smoke Exposure: Smoke-Free Policies
  - **Success Story:** Communities Putting Prevention to Work: Tobacco Use Prevention and Control
- **Action:** Institute automatic referral of eligible patients to cardiac rehab
  - **Resource:** Increasing Cardiac Rehabilitation Participation From 20% to 70%: A Road Map From the Million Hearts Cardiac Rehabilitation Collaborative

Partner Opportunities: Employers
Sample Actions to Consider

- **Action:** Make healthy food and beverage choices available to all employees
  - **Resource:** HHS/GSA Health and Sustainability Guidelines for Federal Concessions and Vending Operations
  - **Success Story:** Sodium Reduction Community Program Los Angeles County Department of Public Health
- **Action:** Develop and support policies at worksites to encourage use of tobacco cessation services.
  - **Resource:** The Community Guide: Tobacco Use and Secondhand Smoke Exposure: Quitline Interventions
  - **Success Story:** North Carolina Division of Public Health, Tobacco Prevention and Control Branch: Expanding Comprehensive Coverage for Tobacco Cessation
- **Action:** Provide environmental supports for recreation or physical activity (e.g., onsite exercise facility, walking trails, bicycle racks).
  - **Resource:** CDC Worksite Health ScoreCard
  - **Success Story:** Bike Share Program Offers California State Employees Another Way to Be Active

Partner Opportunities: Clinical Care Teams
Sample Actions to Consider

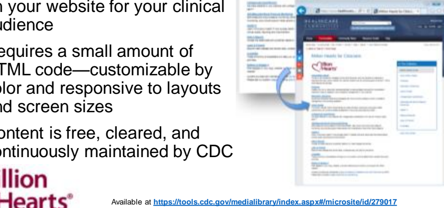
- **Action:** Use standardized treatment protocols for hypertension treatment, tobacco cessation, and cholesterol management
  - **Resource:** CDC: Million Hearts® Protocols
  - **Success Story:** 2014 Hypertension Control Champions: Large Health Systems
- **Action:** Implement self-measured blood pressure monitoring (SMBP) interventions with clinical support
  - **Resource:** Million Hearts® Self-Measured Blood Pressure Monitoring: Action Steps for Clinicians
  - **Success Stories:** 2013 Hypertension Control Champion: Nilesh V. Patel, MD; 2015 Hypertension Control Champion: Reliant Medical Group
- **Action:** Improve performance on Million Hearts® clinical quality measures on aspirin, BP control, cholesterol, smoking cessation, and cardiac rehab
  - **Resource:** Million Hearts® ABCS measures
  - **Success Story:** Association of State and Territorial Health Officials (ASTHO) Million Hearts Minnesota
- **Action:** Leverage electronic health record (EHR) systems to excel in the ABCS
  - **Resource:** Million Hearts® EHR Optimization Guides
  - **Success Story:** Michigan Center for Effective IT Adoption

Stay Connected

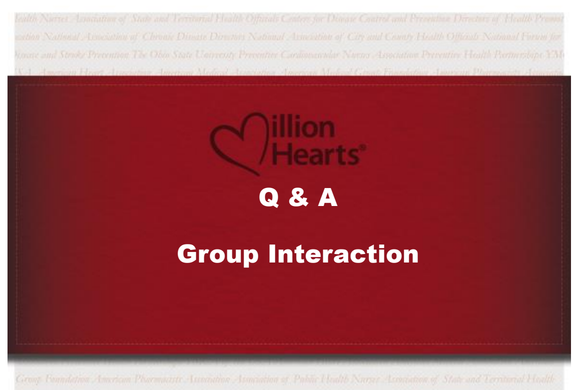
- Million Hearts® eUpdate Newsletter
- Million Hearts® on Facebook and Twitter
- Million Hearts® Website
- Million Hearts® for Clinicians Microsite

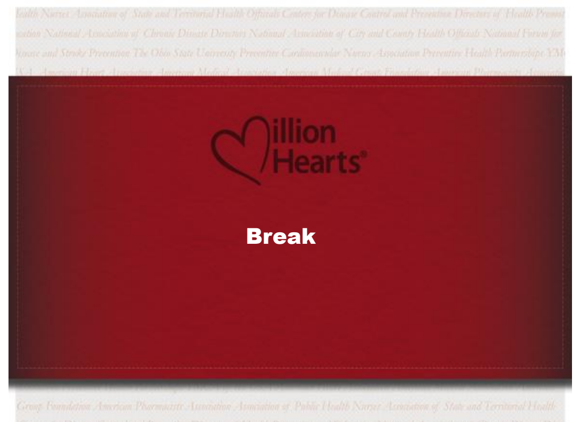
Million Hearts® for Clinicians Microsite

- Features Million Hearts® protocols, action guides, and other QI tools
- Syndicates **LIVE** Million Hearts® on your website for your clinical audience
- Requires a small amount of HTML code—customizable by color and responsive to layouts and screen sizes
- Content is free, cleared, and continuously maintained by CDC



Available at https://tools.cdc.gov/medialibrary/index.aspx#/microsite/id/279017





KILEY HUMP, ADMINISTRATOR

OFFICE OF CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION

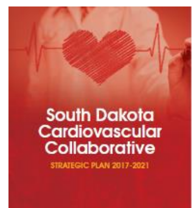
DOH STRATEGIC PLAN 2015-2020

VISION	Healthy People Healthy Communities Healthy South Dakota
MISSION	To promote, protect and improve the health of every South Dakotan
GUIDING PRINCIPALS	Serve with integrity Eliminate health disparities Demonstrate leadership and accountability Focus on prevention and outcomes Leverage partnerships Promote innovation

GOOD & HEALTHY SOUTH DAKOTA

OFFICE OF CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION

The Cardiovascular Collaborative



A group of medical and public health representatives who want to improve the quality of life for all South Dakotans through prevention and control of heart disease and stroke.

Leadership Team

- Holly Arends
- Kevin Atkins
- Mandi Atkins
- Stacie Davis
- Mark East
- Colette Hesla
- Katie Hill
- Kiley Hump
- Amanda Keefe
- Marty Link
- Mary Michaels
- Ashley Miller
- Megan Myers

*Have a conference call quarterly

Collaborative Planning Process

South Dakota Cardiovascular Collaborative

Strategic Plan 2017-2021

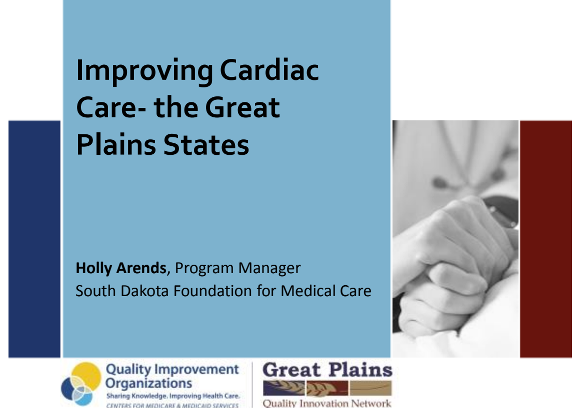
Download the entire South Dakota Cardiovascular Collaborative Strategic Plan at doh.sd.gov/diseases/chronic/heartdisease

Vision: Healthy people, Healthy communities, Healthy South Dakota
Mission: Improve quality of life of all South Dakotans through prevention and control of heart disease and stroke

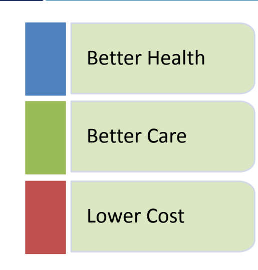
Goals			
I. IMPROVE DATA COLLECTION Drive policy and population outcomes through improved data collection and analysis for heart disease and stroke.	**II. PRIORITY POPULATIONS** Address prevention and treatment needs of priority populations in South Dakota for heart disease and stroke.	**III. CONTINUUM OF CARE** Coordinate and improve continuum of care for heart disease and stroke.	**IV. PREVENTION & MANAGEMENT** Enhance prevention and management of heart disease and stroke.
Objectives			
1. Identify and track data to support at least one heart disease and stroke policy change or recommendation by 2021[1] 2. Increase input into at least 4 data collection tools by organizations and/or individuals by 10% by 2021[2]	1. Increase the number of EMTs in South Dakota from 3,281 EMTs in 2016 to 3,850 EMTs by 2021[3] 2. Decrease the age-adjusted death rate due to heart disease in the American Indian population from 212.5 per 100,000 to 202.0 per 100,000 by 2021[4] 3. Decrease the age-adjusted death rate due to stroke in the American Indian population from 48.5 per 100,000 to 46 per 100,000 by 2021[4]	1. Decrease emergency response times by decreasing average ambulance chute times from 7.5 minutes to 6.5 minutes by 2021[3] 2. Reduce 30-day readmission rate for heart disease and stroke from 6.09% to 5.9% by 2021[5]	1. Decrease prevalence of heart attack from 4.7% (2015) to 4.45% (5% decrease) by 2021[6] 2. Decrease prevalence of stroke from 2.6% (2015) to 2.47% (5% decrease) by 2021[6]
Strategies			
A. Explore a process to identify and track cardiovascular indicators available from the HIE (Health Information Exchange) and other nationally recognized data sources. B. Convene priority stakeholders to identify potential for policy action, i.e. potential legislation, to support the use of HIE. C. Encourage providers who have access to HIE to contribute data into the system. D. Educate members of the HIE to help them more fully utilize the services and incorporate health information technology into workflows. E. Develop a process to disseminate data to stakeholders.	A. Promote the different models of team-based, patient-centered care (health cooperative clinic, health homes, patient-centered medical home). B. Support policies that increase access to heart disease and stroke care for priority populations. C. Improve collaboration with tribal communities. D. Maximize community-clinical linkages (e.g. CHW, different sectors). E. Explore innovative strategies to sustain EMS services (ex: funding, training).	A. Develop pilot program for cardiac ready communities. B. Ensure utilization of community-based resources and programs such as Mission: Lifeline and LUCAS for EMS services. C. Engage non-physician providers in team-based approach to care. D. Utilize results of needs assessment to address infrastructure and sustainability of EMS.	A. Encourage the implementation of quality improvement processes in health systems. B. Expand prevention and lifestyle interventions in communities and for all ages across the lifespan. C. Promote patient-centered disease management that engages patient and family in their own care and links them to community resources. D. Promote awareness, detection and management of high blood pressure (clinical innovations, team-based care and self-monitoring of blood pressure).

Year 1 Implementation

- In-person Action Planning meeting March 2017
- Selected Year 1 Priority Strategy in each goal area
- Workgroup calls
- Advancing Million Hearts Conference



Great Plains Quality Innovation Network (GPQIN)



- Antibiotic Stewardship
- Cancer Prevention
- Cardiac Health
- Care Coordination
- Diabetes Care
- Healthcare Infections
- Immunizations
- Medication Safety
- Nursing Home Care
- Quality Payment Program
- Transforming Clinical Practice
- Colorectal Cancer Screening

Triple AIM Approach to Clinical Quality

- Better Health
- Better Care
- Lower Cost

Foundation Principles:

- Enable innovation
- Foster learning organizations
- Eliminate disparities
- Strengthen infrastructure and data systems

Our Approach

- Align with the Million Hearts® Initiative (www.millionhearts.hhs.gov) to improve preventive care measures, including aspirin use, blood pressure control, cholesterol management and smoking/tobacco education
- We will target disparate populations, including gender, racial and ethnic disparities and rural, to improve cardiac health

Our Approach

- Focus on the ABCS
  - Measure monitoring
    - HHQI
    - MIPS Calculator
    - Practice Pattern Variance
  - Data driven QI
  - Optimizing utilization of HIT
  - Support innovations in care delivery

Cardiovascular Health and Million Hearts®

Our planned improvement efforts align with the national Million Hearts® initiative that seeks to prevent one million heart attacks and strokes by 2022.

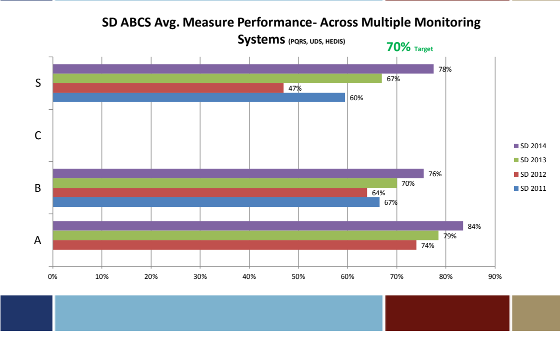
- Heart disease and stroke are the first- and fourth-leading causes of death[1]
- Heart disease and stroke cost more than $312.6 billion in healthcare expenditures and lost productivity annually[2]

1. Centers for Disease Control and Prevention
2. Million Hearts®

Our Approach

- Offering technical assistance on the Physician Quality Reporting System (PQRS) cardiovascular measures submission for participating clinics
- Assist home health agencies with measures reporting through the Home Health Cardiovascular Data Registry
- Help clinics utilize EHRs for data analysis and performance improvement activities focused on clinical quality measures

South Dakota Performance



Contact Information

Holly Arends, CMQP
Program Manager
Great Plains QIN/ SDFMC
P: 605.660.5436
Holly.Arends@area-a.hcqis.org

This material was prepared the Great Plains Quality Innovation Network, the Medicare Quality Improvement Organization for Kansas, Nebraska, North Dakota and South Dakota, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. 11S0W-GPQIN-GEN-01/0914

Overview of the American Heart Association and Programs and Resources that align with Million Hearts®

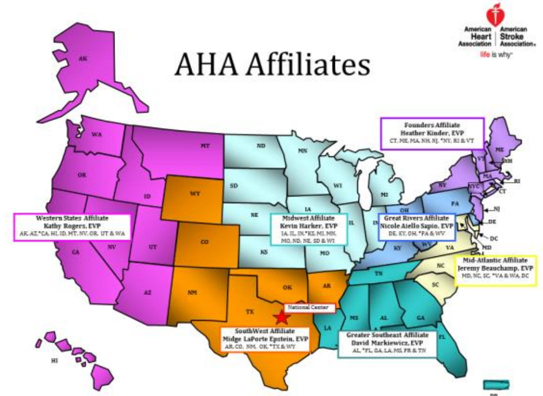
Megan Myers
SD Government Relations Director

Mission

Building healthier lives, free of cardiovascular diseases and stroke.

Our 2020 Impact Goal

By 2020 to improve the cardiovascular health of all Americans by 20% while reducing deaths from cardiovascular diseases and stroke by 20%.



Building a Culture of Health

A culture in which people live, work, learn, play and pray in environments that support healthy behaviors, timely quality care and overall well-being.

AHA and Million Hearts® Spotlight on South Dakota

Quality & Systems Improvement Priorities

Get With The Guidelines & Mission: Lifeline Quality Awards

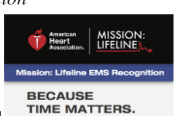
- Avera Heart Hospital of South Dakota
- Sanford USD Medical Center
- Rapid City Regional Hospital

AHA and Million Hearts® Spotlight on South Dakota

Quality & Systems Improvement Priorities

2017 Mission: Lifeline EMS Recognition

- Paramedics Plus – Sioux Falls
  - Sioux Falls Fire Rescue
  - Sioux Falls Police
- Moody County Ambulance - Flandreau



AHA and Million Hearts® Spotlight on South Dakota

Advocacy

- **Policy Goals**

  Organized by category, based on scientific research and modified each year based on latest data and how many people impacted

- **You're the Cure Network, SD Advocacy Committee**

  Grassroots advocacy network and statewide grasstops advocates

AHA and Million Hearts® Spotlight on South Dakota

Advocacy Priorities

- Health Insurance Coverage – Medicaid Expansion/Reform
- Systems of Care – Stroke and STEMI Designations and Registries, Cardiac-Ready Communities
- Healthy Living – Complete Streets, Healthy SD
- Tobacco-Free – Smoke Free SD, Tobacco Prevention/Control

CPR in Schools

- South Dakota was 36th state to require hands-only CPR in required curriculum before graduation
- Became law July 1, 2017
- Could train up to 10,000 students a year in bystander CPR and greatly enhance our emergency services capacity in South Dakota

Cardiac-Ready Communities

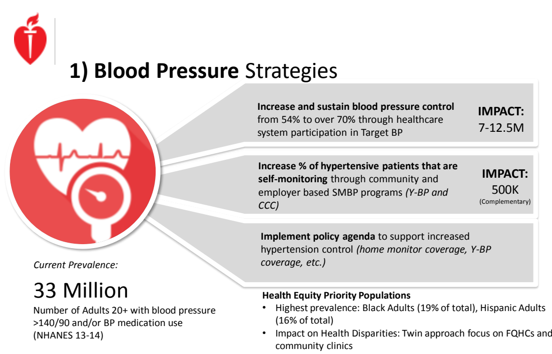
- Program designed to prepare communities to respond and assist to increase survival from a cardiac event occurring outside of the hospital setting
- North Dakota, Montana, Minnesota have similar programs, SD gathering best practices

Healthy Living

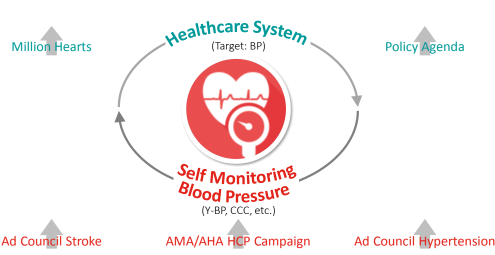
- Support efforts to increase active living and healthy eating through policy
- Complete Streets, Safe Routes to School, bike safety laws
- Increasing quality and quantity of physical activity in schools
- Supporting school lunch standards

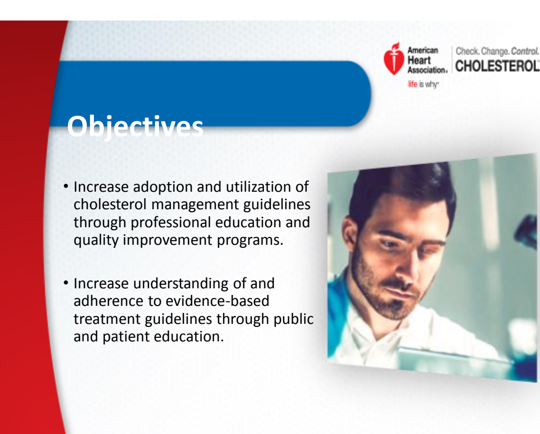
Tobacco-Free

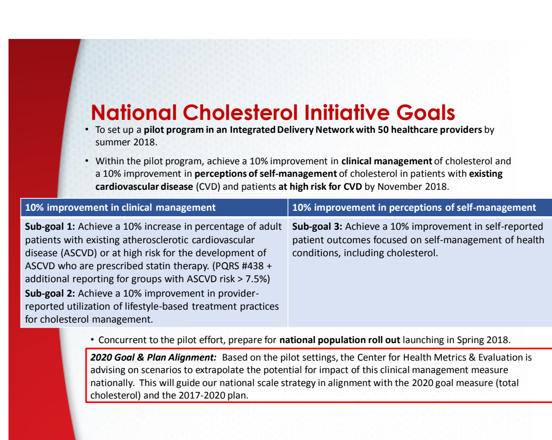
- Reduce tobacco use in South Dakota
- Increasing price of tobacco products – 2006
- Defending our smoke-free law – passed 2010
- Working to ensure the US Food and Drug Administration has the authority to regulate tobacco, including e-cigarettes
- Work annually in Pierre on enforcement and program funding



Blood Pressure Ecosystem







National Cholesterol Initiative Goals

- To set up a **pilot program in an Integrated Delivery Network with 50 healthcare providers** by summer 2018.
- Within the pilot program, achieve a 10% improvement in **clinical management** of cholesterol and a 10% improvement in **perceptions of self-management** of cholesterol in patients with **existing cardiovascular disease** (CVD) and patients **at high risk for CVD** by November 2018.

10% improvement in clinical management	10% improvement in perceptions of self-management
Sub-goal 1: Achieve a 10% increase in percentage of adult patients with existing atherosclerotic cardiovascular disease (ASCVD) or at high risk for the development of ASCVD who are prescribed statin therapy. (PQRS #438 + additional reporting for groups with ASCVD risk > 7.5%) **Sub-goal 2:** Achieve a 10% improvement in provider-reported utilization of lifestyle-based treatment practices for cholesterol management.	**Sub-goal 3:** Achieve a 10% improvement in self-reported patient outcomes focused on self-management of health conditions, including cholesterol.

- Concurrent to the pilot effort, prepare for **national population roll out** launching in Spring 2018.

2020 Goal & Plan Alignment: Based on the pilot settings, the Center for Health Metrics & Evaluation is advising on scenarios to extrapolate the potential for impact of this clinical management measure nationally. This will guide our national scale strategy in alignment with the 2020 goal measure (total cholesterol) and the 2017-2020 plan.

Public Awareness, Patient Engagement & Empowerment

Strategy: Increase public awareness, education and engagement of patients and family caregivers to improve understanding of cholesterol treatment and management.

Actions Taken:

✓ Conducted market research with patients to understand gaps in perceived understanding and knowledge to inform educational efforts, as well as to identify news hooks for media launch, ongoing media outreach and new content.

✓ Planning is underway for consumer education campaign launch.

✓ Conducted content audit of Heart.org/Cholesterol and began refresh of content and tools.

Next Steps:

- Release refreshed content on Heart.org/Cholesterol in April 2017.
- Conduct consumer media campaign launch and begin continuous outreach via owned, earned and paid media channels in April 2017.
- Conduct Public Health Summit on April 11th 2017.
- Develop post-summit action plan, distribute to summit participants and conduct ongoing follow-up with participants to inform future efforts and further reach and impact of the initiative.

Strategic Approach

Tools and Resources

Online Tools

- My Life Check
- Heart Attack Risk Calculator
- AHA's Smoking Cessation Tools and Resources
- AHA Healthy Workplace Food and Beverage Toolkit July 2016

Resources

- EmPowered to Serve
- Get With The Guidelines
- Check.Change.Control
- Target: BP

Discussion

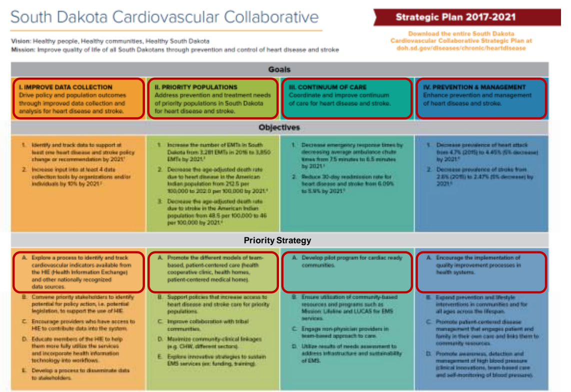
1. Is there a program you were unaware of that you would like to explore further for implementation or application in the state?
2. On which topics would you like additional information?
3. Other questions

Contact Information

- Megan Myers, SD Government Relations Director
  - Sioux Falls
  - 605-261-7717
  - megan.myers@heart.org
  - @MeganAtHeart
- Pam Miller, Regional Grassroots Advocacy Director
  - Brookings
  - 605-310-3170
  - pamela.miller@heart.org

Facebook.com/southdakotaheart

@sdakotaheart



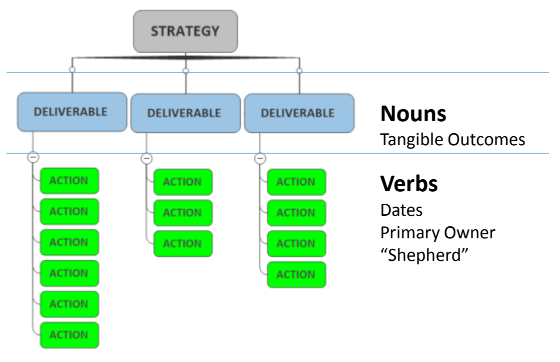
South Dakota Cardiovascular Collaborative

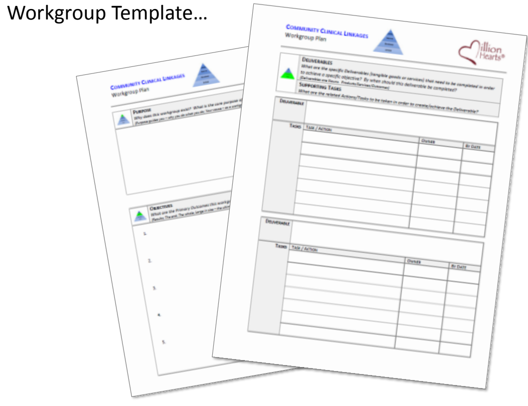
Strategic Plan 2017-2021

Download the entire South Dakota Cardiovascular Collaborative Strategic Plan at doh.sd.gov/diseases/chronic/heartdisease

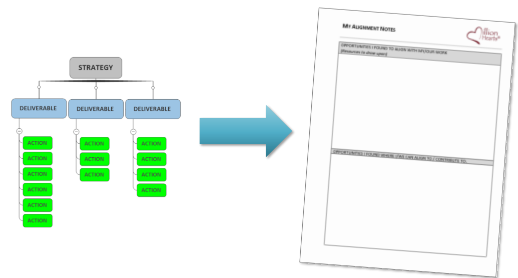
Vision: Healthy people, Healthy communities, Healthy South Dakota
Mission: Improve quality of life of all South Dakotans through prevention and control of heart disease and stroke

Goals			
I. IMPROVE DATA COLLECTION Drive policy and population outcomes through improved data collection and analysis for heart disease and stroke.	**II. PRIORITY POPULATIONS** Address prevention and treatment needs of priority populations in South Dakota for heart disease and stroke.	**III. CONTINUUM OF CARE** Coordinate and improve continuum of care for heart disease and stroke.	**IV. PREVENTION & MANAGEMENT** Enhance prevention and management of heart disease and stroke.
Objectives			
1. Identify and track data to support at least one heart disease and stroke policy change or recommendation by 2021. 2. Increase input into at least 4 data collection tools by organizations and/or individuals by 10% by 2021.	1. Increase the number of EMTs in South Dakota from 3,281 EMTs in 2016 to 3,850 EMTs by 2021. 2. Decrease the age-adjusted death rate due to heart disease in the American Indian population from 212.5 per 100,000 to 202.0 per 100,000 by 2021. 3. Decrease the age-adjusted death rate due to stroke in the American Indian population from 48.5 per 100,000 to 46 per 100,000 by 2021.	1. Decrease emergency response times by decreasing average ambulance chute times from 7.5 minutes to 6.5 minutes by 2021. 2. Reduce 30-day readmission rate for heart disease and stroke from 6.09% to 5.9% by 2021.	1. Decrease prevalence of heart attack from 4.7% (2015) to 4.45% (5% decrease) by 2021. 2. Decrease prevalence of stroke from 2.6% (2015) to 2.47% (5% decrease) by 2021.
Priority Strategy			
A. Explore a process to identify and track cardiovascular indicators available from the HIE (Health Information Exchange) and other nationally recognized data sources. B. Convene priority stakeholders to identify potential for policy action, i.e. potential legislation, to support the use of HIE. C. Encourage providers who have access to HIE to contribute data into the system. D. Educate members of the HIE to help them more fully utilize the services and incorporate health information technology into workflows. E. Develop a process to disseminate data to stakeholders.	A. Promote the different models of team-based, patient-centered care (health cooperative clinic, health homes, patient-centered medical home). B. Support policies that increase access to heart disease and stroke care for priority populations. C. Improve collaboration with tribal communities. D. Maximize community-clinical linkages (e.g. CHW, different sectors). E. Explore innovative strategies to sustain EMS services (ex: funding, training).	A. Develop pilot program for cardiac ready communities. B. Ensure utilization of community-based resources and programs such as Mission: Lifeline and LUCAS for EMS services. C. Engage non-physician providers in team-based approach to care. D. Utilize results of needs assessment to address infrastructure and sustainability of EMS.	A. Encourage the implementation of quality improvement processes in health systems. B. Expand prevention and lifestyle interventions in communities and for all ages across the lifespan. C. Promote patient-centered disease management that engages patient and family in their own care and links them to community resources. D. Promote awareness, detection and management of high blood pressure (clinical innovations, team-based care and self-monitoring of blood pressure).





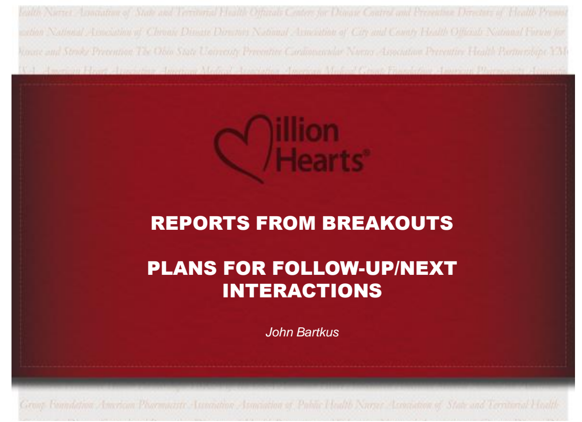
Use this Conversation about an Action Plan as a Vehicle to Identify & Cultivate Alignment.



Final Logistics –for Afternoon Breakouts

1 IMPROVE DATA COLLECTION	2 PRIORITY POPULATIONS	3 CONTINUUM OF CARE	4 PREVENTION & MANAGEMENT
Ashley Miller Stan Kogan Whitney Garney Robin Rinker Mallory Stasko	**Kiley Hump** Julia Schneider April Wallace Linda Stopp	**Megan Myers** Julie Harvill Mary Jo Garofoli	**Katie Hill** Miriam Patanian John Clymer Holly Arends

2:00pm – Groups provide "Report Outs" to the full team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Hearts
REPORTS FROM BREAKOUTS
PLANS FOR FOLLOW-UP/NEXT INTERACTIONS
John Bartkus

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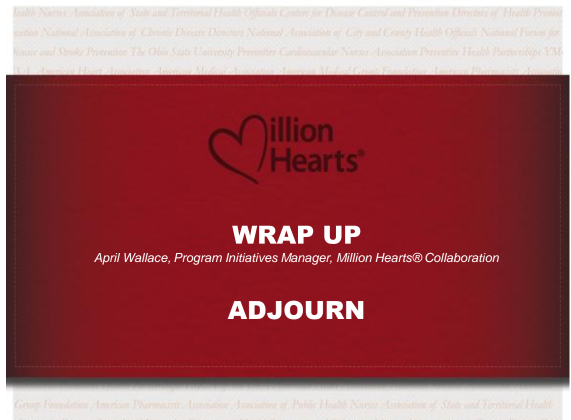
Hearts
EVALUATION AND FEEDBACK PROCESS
Whitney R. Garney, WRG Consulting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Hearts
WRAP UP
April Wallace, Program Initiatives Manager, Million Hearts® Collaboration
ADJOURN